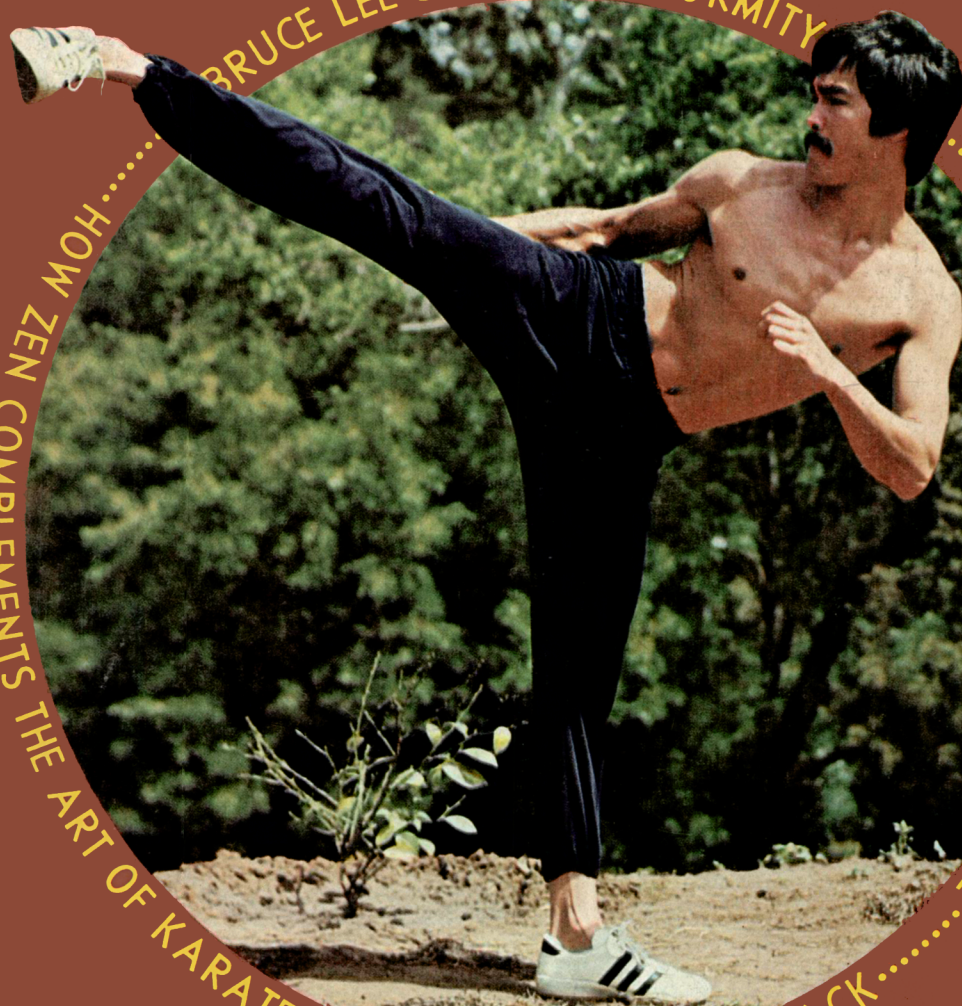


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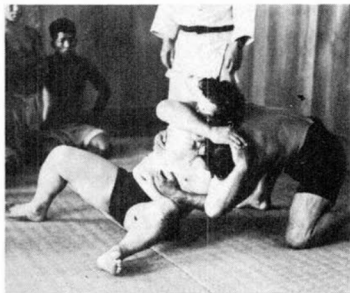


"By the way..."

FROM OUT OF THE PAST

I am writing in response to **BLACK BELT's** wonderful article on Roy "Pop" Moore in the May issue. I was fortunate to be the assistant tournament director to M/Sgt. Bob Gilbertson at the 1957 judo tourney at Pease AFB in New Hampshire. From the moment I met Pop Moore, I knew him to be kind and unselfish with his knowledge of judo and the other arts.

On the eve of my graduation from the Kodokan in 1959, an elderly lady in



Tokyo handed me about 13 photos and asked if I had ever met the American in the pictures. With the pictures being so old (1935), I looked for a few moments, hesitated, then said to myself, 'Damned if that isn't Pop Moore.'

The 13 photos of him on the mat are all different. I am sending one to **BLACK BELT** because I don't know how to get in touch with Pop, but if over these 35 years he has lost his set of pictures, I will have a set made and send them to him.

May I add that I have equal respect for Profs. Katani and Hosokawa and for Mr. Mel Bruno. I am over 50 now and love self-defense as much as when I first started.

Emmett L. Brooks
Columbus, Ohio

EDWARDS' DEBT TO THE ART

In his article "Karate Can Ruin Anyone" (June), Ulysses Edwards implies that karate takes away from the disadvantaged; that it takes away from their true goal, education.

The way I see it is that karate has given Mr. Edwards the strength of character to realize that life is not over at 24 and that he can accomplish what he now sees as important.

At 16, his "head" was not where it

should have been. Subsequently, he was educated in karate and today, at 26, he is a brown belt in a pre-dental program.

Life is a phase of white, yellow, green, brown and black belts. Mr. Edwards should be grateful that he is such an accomplished person in this great art. Only the mental and physical power he has acquired through karate will give him the strength to achieve other goals. May all his achievements be black belt achievements.

Frank R. Zanghi
Brooklyn, New York

GIVE BLACK BELTS LIKE CANDY

I wish I had never had to write this letter for it goes against my code of humility, but I felt it necessary to express my repulsion at some of the harmful elements currently jeopardizing the integrity of karate.

I have been studying shotokan karate for a year and a half. Although I almost died from a severe injury, I have continued my training because of the values it has given me and because life cannot end while the spirit lives.

My sensei does not charge for his instruction, even though he must go to

work early in the morning following our late night workouts. He is always ready to go practice with a student, even if he is woken up on his day off. He is heartsick when a student fails to respond correctly in assistance or in technique. He is so strict with ranking that he once denied a black belt to a student who had been practicing for six years.



He believes that nobody ever knows enough.

It is dismaying to learn that in the U.S. black belts are given away like candies by sensei who make a comfortable living off the art. The uniforms I see many of the karateka in BB wearing make them look like fashion models.

What I see of kumite usually looks like a bloody, hateful battle. If a lowly student of karate like myself is this disgusted by the way I see karate being malignd, imagine how the art's founders would see it. Let these commercial sensei remember that, although they can peddle their karate knowledge, they will never be able to pass on the true spirit of karate!

Rey E. Ferrer
Panama

REJECT THE TOURNAMENT TEMPEST

I would like to comment on the "Karate Can Ruin Anyone" article in the June issue. Back in 1967, Ulysses Edwards was the closest thing I had to a sensei. He would come down and teach on the weekends. I have been to tournaments all over the U.S. and can say without hesitation that Edwards is one of the best karateka I've ever seen. Just watching him do kata sent thrills down my spine. I would probably have left karate, were it not for him and the example he set.

I share his belief that to be a top competitor you must spend most of your waking life practicing, but I also say there are only a few people with this kind of time and ambition. Karate was not designed for only the top competitors. This obsession with tournament

CONTINUED

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"By the way..."

CONTINUED

karate is what is wrong with the art here in the Northeast. Unless they become professionals, these competitors will drop karate and it will be a great loss to the karate world.

I recently trained at the main hombu of sensei Ohshima in Los Angeles on a Sunday afternoon. There were 27 black belts there—all good, and none of whom believed strongly in tournaments. Mr. Ohshima occasionally takes a few of his black belts to a special tournament, but these men mainly train three or four days a week with the rewards of karate itself as their goal, not tournament trophies.

There, as in my school, we train because we love the art. Criticism has not swayed us from that approach.

In closing, I would urge my fellow karateka, white belt to black, not to try to change the world in three years. Just be serious and sincere and train hard; the rest will take care of itself.

George Taylor
Wilmington, Delaware

AIKIDO IS ALREADY UNIFIED

As an aikido student, I would like to make a reply to a statement Rod Kobayashi made in his article (June). He said, "At this time our work is somewhat hindered by the fact that there is no one national organization for aikido in the U.S." This is, however, at some distance from the facts.

I should like to bring to your atten-



tion the United States Aikido Federation, which has been in existence for over three years. Its president is Yoshimitsu Yamada, who has been featured in your magazine several times. Mr. Yamada was sent to the U.S. several years ago by Aikido World Headquarters in Tokyo to teach at the largest aikido dojo in the U.S., the New York (City) Aikikai. Mr. Yamada's credentials are beyond question, as he was student of

master Uyeshiba for many years.

Under the direction of Koichi Tohei, chief instructor at the Aikido World Headquarters, Mr. Yamada formed the U.S. Aikido Federation, and has either formed or sponsored all the dojo in the Federation. Dojo in the USAF extend from New England to Florida on the East Coast, and into Oklahoma and Idaho in the West.

The real question appears to be, why do Mr. Kobayashi and some dojo in California not belong to the USAF? One could not expect to pin down one specific reason, but I would suspect the answer lies somewhere between geography and history, practicality and pride.

For example, Hawaii has its own aikido organization. Since aikido came to Hawaii many years ago and they are separated by thousands of miles from the mainland, it only makes sense that they have an organization to govern their own activities.

Perhaps some dojo on the East Coast feel the same way about joining the USAF, since they are such a distance from its headquarters in New York City; perhaps not. This is a moot point, anyway, since the USAF covers most of the United States, both by population and area, and is open for membership to any qualified dojo in America that wishes to join.

Beyond that, the question of a pressing need for "one national organization" seems open to discussion, unless it is simply to be sure that all schools are practicing the aikido of Uyeshiba, or have joined the USAF. For one thing, all recognized groups are really united (either formally or informally) by Aikido World Headquarters in Tokyo and have the approval of chief instructor Koichi Tohei. Any major decision or technique development for the benefit of aikido is made and implemented by Aikido World Headquarters and then passed on to the practitioners of aikido. Tohei Sensei is constantly traveling around the world to spread aikido, and he and the officers of hombu dojo have a much clearer picture of worldwide aikido than any one single organization.

Fred Newcomb
Cambridge, Massachusetts

NO VAGABOND KARATEKA

As result of Mr. Tullener's conjecture regarding my presence at the first World Karate Championships in Japan (March), undue shame has been inflicted on both myself and my sensei. For the record, permit me to clarify.

Fumio Demura and Gosei Yamaguchi will verify that I was a member of the

U.S. team. You are aware of the communication problems involved in the production of an event as large as the Championships. Upon my arrival in Tokyo, it was evident to me that I had misunderstood the logistics of the tournament. I was forced to leave the U.S. two days later than the rest of the team due to academic obligations. I departed for Tokyo thinking I was to fight in Osaka's Friendship Tournament. I was surprised when I arrived to observe the Tokyo proceedings and discovered I was expected to compete there with the team. Since I did not introduce myself to the other team members until matches were already under way, I did not fight that day with the rest of the team. In that sense, I was, as Mr. Tulleners states, "an untested fighter".

Secondly, I emphatically deny that the picture in your magazine, drawn by an artist who didn't bother to acquaint himself with the subject, is accurate. It appears that my arrival in Tokyo was without warrant or invitation and that I was a vagabond karateka pleading to compete. My late arrival in Tokyo and the decision by the management to have only two representatives from each nation compete in the Friendship Tournament in Osaka left me resigned to train daily in my home Tokyo dojo without thought of international competition.

Team representative John Pell, however, informed me that the U.S. team members, in my absence, had selected Mr. Tulleners and myself to compete in Osaka. Mr. Tulleners was selected on the basis of his fighting skills demonstrated in Tokyo and I was chosen since I had not been able to compete in Tokyo. I suggested to Mr. Pell that the U.S. team reconsider, for obvious reasons. I was told that the decision was final, so I did not persist. I was, of course, thrilled to wear the U.S. flag in Osaka.

What occurred in Osaka is history. I was defeated by Mr. Wada of Japan in the third round after defeating Canadian and Thai competitors. I was awarded the recognition medal for technique, a fact unmentioned in your magazine, and left for home grateful to all those who made it possible.

Finally, I am unhesitating in commending the U.S. fighters for their talents. As most of them are probably twice my superior, I can appreciate their disdain. Unfortunately, the attitudes of many of those representing the U.S. team were arrogant and embarrassing to observe. I heartily agree that a better selection of fighters is necessary; hopefully, future selections will consider attitude as well as fighting prowess. I suspect that such a system would

(Continued on Page 62)

July 8-10—NATIONAL JUNIOR JUDO CHAMPIONSHIPS, Odessa, Texas. For information contact Dale Lehman, 3645 Redbud, Odessa, Texas.

July 17—OHIO OPEN KARATE TOURNAMENT, Carey High School Gym, Carey, Ohio. For information contact Michael Patton, Dillman Karate Institute, 117 S. Lake Street, Carey, Ohio Ph. 396-6085 or 396-2311.

July 17—THIRD ANNUAL CAPT. WEBER DAYS KARATE AND KICK-BOXING CHAMPIONSHIPS, Stockton, California Civic Auditorium. For information contact Ron Marchini, 7444 Pacific Avenue, Stockton; or Leo Fong, P.O. Box 1961, Stockton, California, Ph. 982-0911.

July 17—SECOND ANNUAL COLORADO OPEN KARATE TOURNAMENT, Boulder High School Gym, 1604 Arapaho, Boulder, Colorado. For information contact Jim Harkins, Colorado Karate Institute, 1334 Pearl Street, Boulder, Ph. 443-9063.

July 18—NEKRA REFEREE TRAINING CLINIC. For information contact George Pesare, New England Karate Referee Ass'n, 450 Branch Avenue, Providence, Rhode Island.

July 25-31—HALL OF FAME JUDO CAMP, Whitewater State University, Whitewater, Wisconsin. For information contact Norman Miller, c/o Hall of Fame Camps, 111 E. Wisconsin Avenue, Milwaukee.

July 25-Aug. 8—CAMP BUSHIDO (High-country), Estes Park, Colorado. For information contact Jack Oliver, Camp Bushido Headquarters, 1449 South Filbert Way, Denver, Colorado, Ph. 757-6302.

*July 31—MATHER AIR FORCE BASE JUDO TOURNAMENT.

Aug. 8—FIRST NORTHERN HEMISPHERE PRO AM, San Antonio, Texas. For information contact G.M. Haggard, Texas Black Belt Institute, Inc., 6938 San Pedro, San Antonio, Ph. 828-4462.

Aug. 28—NEW HAMPSHIRE STATE OPEN KARATE CHAMPIONSHIPS, Memorial Junior High School, Laconia, New Hampshire. For information contact George Chartier, Jr., Lakes Region Karate Center, 676A Main Street, Laconia, Ph. 524-4754 or 524-9357.

*Aug. 28—MATHER AIR FORCE BASE OPEN JUDO TOURNAMENT.

Aug. 28-Sept. 2—WORLD JUDO CHAMPIONSHIPS, Ludwigshafen, West Germany.

Aug. 29-Sept. 3—S. HENRY CHO KARATE CAMP. For information contact S. Henry Cho Karate Institute, 135 West 23rd Street, New York City, Ph. 675-8579.

Sept 3—POLICE JUDO OLYMPICS, San Francisco, California. For information contact Joseph Mollo, San Francisco Police Department.

Sept. 5—NEKRA REFEREE TRAINING CLINIC. For information contact George Pesare, New England Karate Referee Ass'n, 450 Branch Avenue, Providence, Rhode Island.

Sept. 12—FOURTH ANNUAL TRI-STATE KARATE TOURNAMENT, Westchester County, New York. For information contact S. Oyama or R. Bernard, White Plains School of Self-Defense, 658 Central Avenue, Scarsdale, New York. Ph. 723-9441

**Sept. 12—NYJA PROMOTIONAL SHIAI, Queensborough Community College.

Sept. 25—BRITISH COLUMBIA CENTENNIAL KARATE CHAMPIONSHIPS, Vancouver, B.C., Canada. For information contact Roy Maia, Gung-Fu Karate Ass'n, 410 Sixth Street, New Westminster, B.C., Canada, Ph. (604) 524-6147.

CALENDAR

This section is provided as a service to all readers. Due to our printing deadline, all information must be received by the 15th of each month, at least three months in advance.

*Sept. 25—MATHER AIR FORCE BASE JUDO TOURNAMENT.

Sept. 25—NATIONAL OPEN KARATE CHAMPIONSHIP TOURNAMENT, Madison County Coliseum, Huntsville, Alabama. For information contact Wang Chung, 210 Parkway Drive, N.W., Huntsville, Ph. 536-1266.

Sept. 25—WESTFIELD JUNIOR INVITATIONAL JUDO TOURNAMENT. For information contact George Brown, 118 Joseph Avenue, Westfield, Massachusetts.

Sept. 25-26—USA KARATE GRAND CHAMPIONSHIPS. For information contact AlGene Caraulia, Karate Institute, 4179 Pearl Road, Cleveland, Ohio, Ph. 661-7877.

Sept. 26—NATIONAL AMERICAN MOODUK KWAN TANG SOO DO 48th PROMOTIONAL EXAM. For information contact Jae Joon Kim, 20409 Grand River, Detroit, Michigan, Ph. 531-1800.

Oct. 2—SECOND ANNUAL CALIFORNIA CAPITOL BLACK BELT TOURNAMENT OF CHAMPIONS AND TEAM CHAMPIONSHIPS, Sacramento, California High School Gym. For information contact Leo Fong, P.O. Box 1961, Stockton, Calif. Ph. 982-0911 or Ron Marchini, 7555 Pacific Avenue, Stockton, Ph. 478-8790.

Oct. 2—SIXTH RHODE ISLAND KARATE CHAMPIONSHIPS. For information contact George Pesare, Kempo Karate Institute, 450 Branch Avenue, Providence, Rhode Island, Ph. 31-5780.

Oct. 3—INTERNATIONAL OPEN KARATE CHAMPIONSHIP TOURNAMENT, Rockville Centre, Long Island, New York. For information contact Howard Lee, Karate Institute, Inc., 434 Grand Avenue, Baldwin, L.I., New York, Ph. 546-3748 or 487-4765.

**Oct. 3—YOSHIDA CUP SENIOR AND JUNIOR TEAM CHAMPIONSHIPS, Freeport High School, Long Island, New York.

Oct. 4—GATEWAY OPEN KARATE TOURNAMENT, St. Louis, Missouri. For information contact Bob Yarnall, 3530 Gravois, St. Louis, Ph. 772-4393 or 383-0770.

Oct. 9—CANADIAN KARATE CHAMPIONSHIPS, Civic Centre, Lansdowne Park, Ottawa, Canada. For information contact Andre Langelier, 56a Rideau Street, Ottawa, Ph. (613) 234-5742.

Oct. 9—SOUTHERN USKA CHAMPIONSHIPS. For information contact North Carolina USKA Headquarters, P.O. Box 2653, Asheville, North Carolina.

Oct. 17—GREATER SAN FRANCISCO JUDO TEAM CHAMPIONSHIP, Daly City, California. For information contact Apollo School of Judo, 834 Sanborn Road, Salinas, Calif.

**Oct. 17—NYJA PROMOTIONAL TESTS, Queensborough Community College.

Oct. 23—SECOND WOODLAWN CHICAGO BOYS CLUB TAE KWON DO KARATE CHAMPIONSHIPS, Woodlawn Chicago Boys Club, 6331 South University Avenue, Chicago, Illinois. For information contact Mr. East or Mrs. White at above address, Ph. 288-3230.

*Oct. 30—MATHER AIR FORCE BASE JUDO TOURNAMENT

Nov. 6—NORTH AMERICAN KARATE CHAMPIONSHIPS. For information contact Masaru Shintani, Thirty Road, Beamsville, Ontario, Canada.

Nov. 6-7—JFK JUNIOR & SENIOR INVITATIONAL JUDO TOURNAMENT, Somerville, Massachusetts. For information contact Charlie Shavitz, Northeast Judo Club, 30 Temple Street, Somerville.

**Nov. 7—NYJA JUNIOR INVITATIONALS, Freeport High School, Long Island, New York.

Nov. 14—SEVENTH WESTERN KARATE CHAMPIONSHIPS, Harry Ells High School Gym, Richmond, California. For information contact William Chun, 203 Pueblo, Vallejo, Calif.

**Nov. 21—NYJA SENIOR INVITATIONALS, West Side YMCA, New York City.

*Nov. 27—MATHER AIR FORCE BASE OPEN JUDO TOURNAMENT.

Nov. 27—WESTFIELD JUNIOR INVITATIONAL JUDO TOURNAMENT, Westfield, Massachusetts. For information contact George Brown, 118 Joseph Avenue, Westfield.

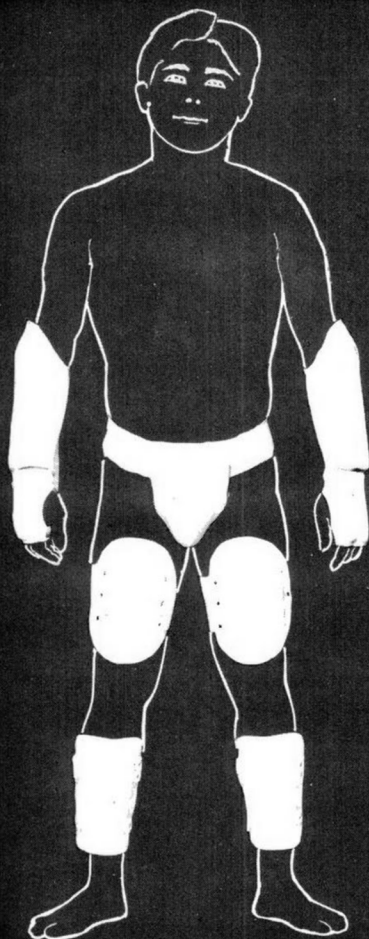
*For information contact Phil Porter, Golden Eagle Judo Club, 4917 Date Ave., Sacramento, California.

**For information contact Mel Appelbaum, New York Judo Ass'n, 73-28 184th Street, Flushing, New York, Ph. 454-916.

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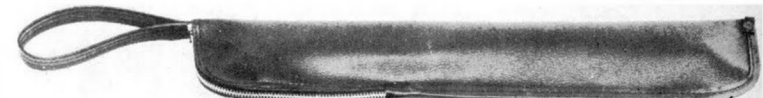
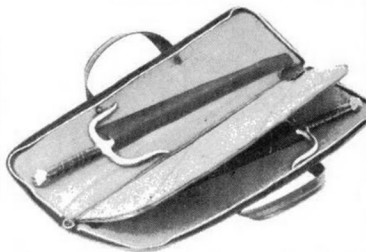
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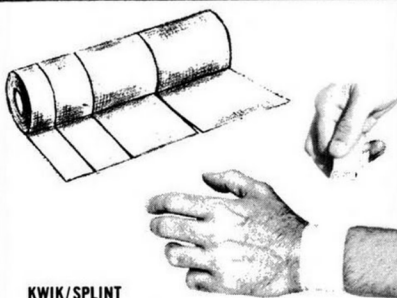
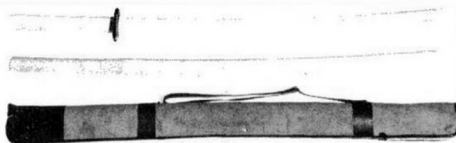
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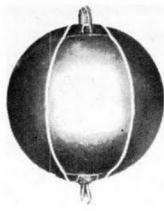
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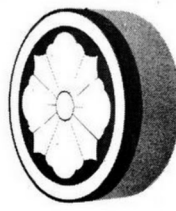
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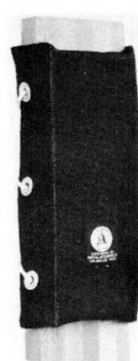
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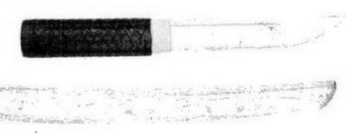
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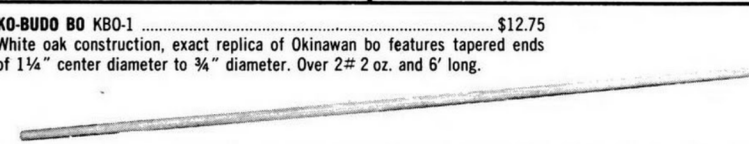
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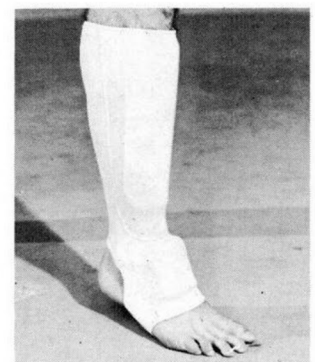
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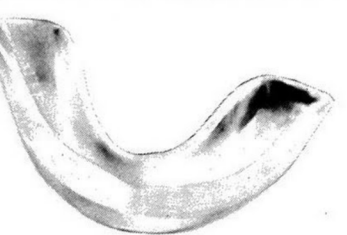
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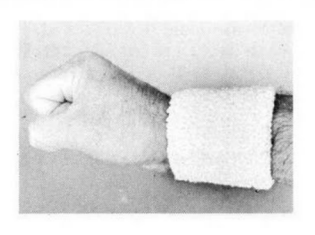
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WHY BOW?

A martial arts instructor of our acquaintance recently stopped by and told us that the trouble with the Oriental martial arts is that they are too orientalized. "We Americans don't understand why we should begin and end workouts with a bow, and very few of us are interested in bushido philosophy. We are in the United States, man, not in Old Japan," he expounded. "What counts here is winning and making some dough. Let's leave the bowing and the rest of the rituals to the Orientals!"

Our response was simple and succinct: If it is too great a chore to bow and to understand the philosophy of the martial arts, take up a less taxing sport. Karate, judo, aikido, kendo and kung-fu are, after all, Oriental names, and as long as we practice the arts they describe, we should be obliged to observe their etiquettes as well. If our friend wants to forsake the rituals, he need only coin another name for what he practices.

He shrugged his shoulders at this suggestion and replied that no one would patronize his dojo if he changed the name, since no one would recognize it.

It is true that rituals sometimes seem cumbersome, even to the point of diminishing a sport's excitement, but they are a part of practically every sport, especially if its origin is Asian. The ritual attached to sumo wrestling, for instance, is so long and laborious that it adversely affects sumo attendance today. Spectators are gradually deserting the sport. But sumo is an exception as far as ritual is concerned. In judo or karate, it takes only a second to bow before competing. This shouldn't effect the excitement of the sport. In boxing, we expect some sort of acknowledgement when the boxers touch gloves before combat. Even in the other popular sports in the U.S. we see a ceremonial toss of the coin or the players shaking hands before the game.

Bowing seems odd to us simply because we are not accustomed to it. Surely our embracing, backslapping, even our handshaking, is just as alien to the Oriental. It's purely a matter of custom. In the martial arts, bowing may mean one of several things: you bow to show respect to your opponent; you bow to show respect to the art; and you bow to show respect to your sensei (instructor) and the osensei (founder).

One kung-fu student mentioned to us that, although he doesn't really care for the Japanese martial arts, he credits the Japanese with integrating ethics into their arts, an aspect which the Chinese sifu traditionally ignored. "Kung-fu students in China called their sifu 'Old Man' and other less printable names," he revealed. "But this is unheard of in a Japanese dojo."

We are convinced that one reason thousands of Americans have been drawn to the Oriental martial arts is because they embody deep tradition of a kind that is becoming scarce in our society today. Statistics show that the Oriental martial arts are still among the largest organized participating sports in the U.S. Why? Because parents still want their children to recognize the values of respect and discipline. Many parents who have lost control of their children's behavior now look to the sensei for help. Unfortunately, they seek this assistance at a time when too many American sensei are abandoning or slighting the Oriental traditions. What remains is an empty art, an art without substance.

M. Uyehara

M. Uyehara

M. UYEHARA

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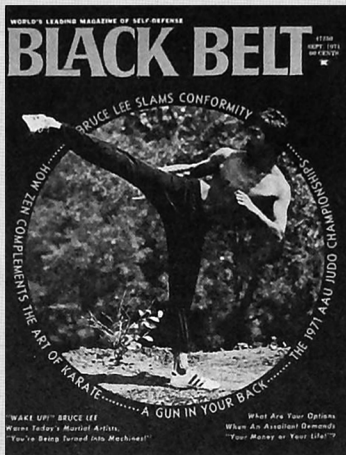
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ABOUT THE COVER: What is jeet kune do? Bruce Lee, shown here doing one of his explosive JKD kicks, personally explains the principle of his dynamic martial art in a BLACK BELT exclusive. Cover photo by Linda Ashley.

THE BLACK BELT HALL OF FAME

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Tsutomu Ohshima
Koichi Tohei
Shuji Mikami
Hayward Nishioka
Chuck Norris
Detroit Judo Club

1969

Sam Allred
Masato Tamura
Fumio Demura
Yukiso Yamamoto
Wally Jay
Ben Campbell
Thomas LaPuppet
Jhoon Rhee Institute
of Tae Kwon Do

1970

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BLACK BELT TIMES

A
REPORT
OF THE
MARTIAL ARTS
WORLD



INTRODUCING karate to appreciative Bahamians is Kermit Ford, at right. Enthusiasm has been such that Ford is laying groundwork for a National Bahamian Karate Federation.

KARATE PERFORMED TO A CALYPSO BEAT

By John T. McGee

NASSAU, Bahamas—The front kick, the reverse punch, and the karate gi are common sights down in the Bahamian Commonwealth, thanks to the hard work of 36-year-old black belt Kermit Ford. He is the founder of karate here and the Director of Youth Services in the Department of Welfare of the Bahamian Government.

Ford was born in the Bahamas but lived in the U.S. for 17 years, during which time he served in the U.S. Army and studied music at the N.Y. School of Music for seven years. In 1962, Kermit topped off his education by studying karate under Moses Powell, a New York sensei. By 1967 he had risen to black belt. That was the year he, like many other Bahamians, heeded the plea of the newly elected Prime Minister asking the expatriates to return and help the country. As the first karate instructor in the

Bahamas, he opened his own dojo, and saw karate catch on in a big way.

The popularity of karate was aided by its resemblance to a native self-defense art called piapppy, which sprang up among the sponge fishermen in the early 1900's. At that time there were many battles over sponge bed rights. Piapppy boasted a front kick and many deceptive maneuvers. One of the techniques was first pretending to submit to the opponent, and then slapping him in the face. However, this art did not find any permanent base in the land where it was conceived, since it was strictly a father-to-son deal, and no schools were ever established.

Ford began his karate teaching in a public school, and as the class grew, moved into a lodge hall. Eventually the karate school moved to permanent headquarters on St. Catherine Street in Nassau. Though the Bahamians are among the world's most individualistic people, the students in the class bow

before sensei Ford, who teaches both tournament and self-defense techniques. One innovation indigenous to the island is a radio blaring forth calypso rhythm as the students go through their paces.

Ford's ambition is to establish a National Bahamian Karate Federation. The instructors would all be students from Ford's dojo who would set up schools among the 700 islands. Each instructor would be paid a stipend from the Ministry of Welfare. This plan has the Minister's approval and will, according to Ford, be introduced in a few months. Another of his brain-children is to hold a national Bahamian karate championship. Prior to this, he plans to send students to the U.S. to compete.

CAUCASIAN BREAKS THE SUMO BARRIER

HUNTINGTON BEACH, California—He's a long way from the top of the sumo totem pole, but Cal Martin swears he's happy just to be on the pole at all. As the world's first and only Caucasian sumo wrestler, Martin has successfully erased most of the skepticism that typified the sumo audiences seeing an ex-football-playing American go up against the Oriental sumo champs.

Two years ago, when he began sumo wrestling, Martin stood 5' 10" and weighed 205 pounds. As a result of the sumo wrestlers' diet, which encourages the consumption of great quantities of pizza, spaghetti and beer, he now competes at 275 pounds.

Attempting to describe sumo to the Westerner, Martin claims, "It's sort of like playing football in the nude." The Japanese wrestlers are sometimes at a loss how to deal with Cal's forearm shivers and other football inspired strategies. "In sumo," Cal explains, "anything goes but a punch. The only part of the body that can touch the floor is the soles of your feet. The object is to knock the other guy off balance and to the floor. The bout ends when any part of the body but the foot touches the floor. I haven't learned a lot of moves, but my shiver is doing O.K."

Martin raises thick callus on his hands by hitting a telephone pole 300 times a day. The efficacy of this routine is manifest in his first year's ring record: two broken jaws, a dozen assorted teeth, a broken arm and a broken leg.

Perhaps the toughest aspect of the sumo training routine was the Japanese diet. "One day they put me on K.P.," he recalls. "I did such a poor job preparing the stew that everyone got sick. So did I. It had fish heads in it. Yeah!

"Now I train on pizza and spaghetti.

CONTINUED

BLACK BELT TIMES

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The others drink beer by the gallon. I don't like beer so I drink Hawaiian punch. A typical day's diet for a sumo wrestler is about a gallon of that stew right after a workout, a couple of pounds of rice and then they wash it down with the beer. Then they go to sleep."

The wrestlers get up at 5:30 A.M. when they are in training and work out for six hours. After conditioning and strengthening drills, they participate in sumo-style "king of the hill".

At Martin's first tournament two years ago, he received \$10 for competing; at his most recent outing, he was up to \$600. His ambition is to rise to a level of prominence at which he can command \$1,000 per tournament plus television endorsement fees.

Now that Martin is back in the U.S. for awhile, his biggest problem is getting a haircut. "I look like a hippie," says Cal, brushing his shoulder length hair back from his forehead. "I can't find a hairdresser to do my hair sumo style, with the top knot."

JESSE DISAPPOINTS SUMO FANS

TOKYO—Most experts agree that 1971 is the crucial year for Hawaiian sumo wrestler Jesse Kuhaulua, known

to his millions of Japanese fans as Takamiyama. At 6'3", 352-pounds, Jesse was one of the sumo circuit's brightest lights up until last year, when he dropped his *komusubi* rank for the first time since his rise to fame.

It was particularly disappointing, therefore, when Jesse was able to muster only a 4 wins to 11 losses record at the first of this year's six tournaments. The 26-year-old Hawaiian, the first non-Oriental foreigner ever to make *komusubi*, had trained hard and appeared to be in top condition for the tourney, but he lost to both lower rated competitors and *yokozuna* (grand champions) Tamanoumi, Taiho and Kitanofuji.

There seemed to be a general agreement among sumo critics that Jesse had failed to make the hoped for improvements in techniques, especially in his under-pinnings, which left him an easy victim to arm throws.

One spectator observed that "Jesse has come to be like an elevator. He goes up to *komusubi*, then he comes down and goes back to *komusubi* but never higher."

U.S. JUDO FEDERATION TAKES DRUG STAND

SAN FRANCISCO, California—At its most recent semi-annual meeting, the Board of Governors of the U.S. Judo Federation adopted an important policy resolution relating to drug use among judoka. Accepting the recommendation of its medical committee, the Board

resolved that, unless drugs are specifically prescribed by a doctor, players who use them without a doctor's prescription are to be barred from competition.

At the same meeting, Mr. Tim Dalton, chairman of the USJF Standards Committee, presented this group's conclusions: (1) judo gi are too large, torn and patched; no zoris; haircuts, (2) many judoists do not know how to make proper salutations; others scream at or near the mat and sit improperly, (3) too many juniors are being trained to win at all cost, and their instructors are teaching illegal techniques and (4) all tournaments should be sanctioned by the AAU, and clubs should join the local AAU association.

UPS AND DOWNS MARK SPANISH JUDO

By Dr. Martin Heinzl

SPAIN—Here's something to lift the spirits of those of you who are used to experiencing difficulties with your judo association. When the 1971 schedule for judo events in Spain finally arrived in March, it contained such helpful listings as the following:

"April, second fortnight. National Championships. Place: to be decided by the federation."

In other words, there will be a championship sometime during the second part of April, with the date and location still anybody's guess. And so it goes.

More encouraging is the news that



TRAINING on the beach is an added attraction for members of Puerto Rico's Ramey Air Force Base Goju Karate Club. Black Belt in foreground is instructor A.B. Capitano. (Photo by Steve Harbin)

promotional exams will henceforth be conducted in Barcelona, Sevilla, Oviedo, Malaga, Bilbao, San Sebastain and Valencia, in addition to Madrid. This marks a great step forward.

Courses in refereeing will again be conducted, with certificates going to successful students, as well as courses for coaches and trainers. Preparation for the Olympics has begun here, with training sessions being conducted at several locations.

Finally, it's a pleasure to announce that the Spanish Judo Federation has a new president, 31-year-old Antonio Garcia de la Fuente. No newcomer to the judo scene here, de la Fuente's "iron fist in kid gloves" approach is certain to boost Spanish judo.

SHOTOKAN KARATE TAKES HOLD IN HONG KONG

HONG KONG—Shotokan karate in Hong Kong received the official approval and certification of the Japan Karate Association in April. The JKA of



INTERNATIONAL FLAVOR prevails at workouts of newly accredited JKA of Hong Kong.

Hong Kong, formally organized in January, now has a membership of 75 karateka studying under sensei Rikuta Koga.

Members represent the multi-racial aspect of the Hong Kong community and include Chinese, Filipinos, Europeans, Americans, West Indians and Japanese. A number of former goju stylists, including three who represented Hong Kong at the World Karate Championships in Tokyo last year, are included in the dojo.

The new dojo hopes to invite teams from neighboring Asian countries and to

stage demonstrations to promote karate in Hong Kong. All karateka visiting Hong Kong are invited to join in the nightly training sessions.

SEVEN-YEAR-OLD KARATEKA GRABS HEADLINES

By Joyce Yarnall

HIGHLAND, Indiana—At the tender age of seven, Miss Kim Pisut is well on her way to becoming karate's first mini-star.

As the result of being mentioned on the nation-wide Paul Harvey newscast, Kim has been the object of articles and photos in the Chicago newspaper, as well as those in Highland and Gary, Indiana. One photo that was picked up by UPI and AP has been printed in several major international newspapers.

In her most recent appearance on the Mike Douglas T.V. show, Miss Pisut confidently performed her favorite kata, go pai, before a national television audience. She has also appeared with Joe Garagiola on the Today show.

She has taped appearances on both What's My Line? and To Tell The Truth. Her line eluded the panelists on the former show, but two panelists picked her from the three contestants on To Tell The Truth. Appearing with her on this show will be her 15-month-old brother Mark, also a karate enthusiast. Appearing in his mini-gi, Mark will attempt to break a not so mini board.

Both of these children practice and participate in karate voluntarily. Their punishment for misbehavior—no karate workout!

SECOND WORLD KARATE CHAMPIONSHIPS SLATED

PARIS, France—From Paris comes news that the second World Championships of Karate will be held from April 18 to April 24, 1972. According to Jacques Delcourt, president of the European Karate Union, the event, to be held in the 5,000 seat Coubertin Stadium, will feature individual and team competition among 40 countries.

Each country will be permitted to enter four contestants in the individual competition and five men, to be chosen from all styles, in the team competition.

N.Y. FEMINISTS CONDUCT ANTI-RAPE SESSION

NEW YORK CITY—At least one segment of this city's female population is refusing to accept the implications of the mounting statistics on assault and rape without putting up a fight.

At a recent self-defense workshop

CONTINUED

NINJA

The Vanishing Breed

This is the thirteenth in a series of passages taken from the book, *NINJA, The Invisible Assassins*, by Andrew Adams.

A ninja museum where ninja relics are shown to the public has been set up in Iga-Ueno—the former center of Iga ninja activities. Ninja expert Heishichiro Okuse, who is also mayor of the city, demonstrates typical ninja techniques such as climbing the walls of nearby Hakuho Castle. The museum is designed like a typical ninja house, which was invariably disguised as a farmhouse. Such houses were full of trapdoors, secret sliding panels and escape tunnels. Today, Iga-Ueno is a city of 60,000 persons, specializing in the production of string for kimono obi and fish breeding.

Heishichiro Okuse is probably the foremost authority on Ninjitsu in Japan today. In one of his four books on the subject, he relates how one ninja accurately noted his enemy's daily habits and saw that he was fond of strolling in the garden and smelling his flowers. Otherwise, his enemy was too well protected for the ninja to expect any success in an assassination attempt. His solution, then, was to poison one of the flowers so that when the enemy made his usual rounds, he inhaled the poisonous scent and died shortly thereafter.

One of the most daring and imaginative assassination attempts was made by famed ninja hero Goemon Ishikawa. After tremendous efforts, he succeeded in sneaking into the attic over the bedroom of the great samurai general Nobunaga Oda. After Nobunaga had retired for the night, Goemon made a small hole in the ceiling just above the general's head. Then, noiselessly he lowered a thin thread until it hung suspended just above the lips of his sleeping victim. Taking out a vial of deadly poison, the ninja sent the liquid-drop by drop—down along the thread and into Nobunaga's mouth. The light-sleeping general, ever alert for such attempts on his life, managed to awaken in time to prevent Goemon from succeeding with his diabolical trick. Although the ninja made good his planned escape, years later he was executed by being thrown into a cauldron of hot, bubbling water.

Next: A MAN FOR ALL SEASONS

BLACK BELT TIMES

CONTINUED

conducted by the New York Radical Feminists, chairman Maryane Manhart told her receptive audience that elementary karate is a woman's best defense. "Since you are living in a jungle and no one may help you, be self-reliant. Everyone has a tiger inside of her."

Following a ferociously impressive karate demonstration, the feminists explained that they were advocating self-defense, not violence. "We've got to change the image of women as being totally defenseless," said Miss Manhart.

KITA AMAZES TOKYO SUMO WITH 15-0 SHUTOUT

TOKYO—The final day of the Tokyo Summer Sumo Tournament saw 29-year-old Kitanofuji establish a perfect 15-0 record—only the third wrestler to do so in the past 10 years—by defeating fellow-yokozuna Tamanoumi in the grand championship bout.

This is Kita's sixth title and his first unblemished record.

After the two grand champions came to *hidari-yotsu* (left hand inside on the belt) in the final showdown, Kita suddenly powered Tama towards the edge. Tama, who could not grasp the belt with his right hand, found himself at an early disadvantage. An attempted trip by Kita failed to come off as intended, but was successful enough to send Tama temporarily off balance and make it easy for Kita to drive him against the straw ridge.

Then, without giving his tough little rival a chance to counter, Kita immediately shifted his attack to the left, applying great right-handed belt pressure and forcing Tama to give way over the edge—"yorikiri."

SUMO SUPERSTAR TAIHO RETIRES

TOKYO—The sumo world was jolted in May by the announced retirement of Golden Boy Taiho after 20 nearly unparalleled years in the ring. In hanging up his mawashi, Taiho brought down the curtains on a career that has seen him rewrite virtually every sumo record in the books, with the single exception of Futabayama's consecutive win streak of 69 set in the 1930s.

Taiho came back from what many considered to be a career-ending ankle injury last year to beat rival yokozuna

Tamanoumi twice en route to a 14-1 title-winning record at this year's New Year's Tournament. The Golden Boy's lifetime victory record will stand at 746, with 622 of those coming as a yokozuna. His 45 consecutive wins in 1968-1969 is second only to Futabayama's 69.

News of the resignation came in the middle of the annual Tokyo tournament, in which Taiho dropped two of his five matches, which eliminated him from competition for the Emperor's Cup. One of the losses came at the hands of Takanohana, the 21-year-old crowd pleaser who must now be considered a prime candidate for grand champion.

In accepting his resignation, sumo officials immediately ruled that no other wrestler may ever use the name of Taiho. At 31, the Big Bird will stay active in the sport by operating his own stable of wrestlers.

FOOTBALL TEAM LEARNS TAEKWON-DO

VICTORIA, Texas—Willing to try anything to improve his team, Larry Cummings, coach of the Stroman Raiders High School football team of Victoria, Texas, enlisted the aid of black belt Ralph Jaschke, instructor of the Gulf Coast Karate Institute, to teach taekwon-do to all members of his squad.

The first two-hour workout in the 90-degree Texas spring weather consisted of a demonstration of various taekwon-do techniques, an hour of conditioning and leg stretching exercises, instruction in the basic front kick, the forward stance, the use of the kihop (yell), and arm toughening exercises for blocking.

The idea of lessons for the football team came about after the coaches began noticing the remarkable improvement of two of their players who had been taking taekwon-do lessons. Coach Cummings remarked that he feels that taekwon-do will be very effective in increasing his team's agility, speed and coordination. Also, he hopes that his team members will continue their training in the summer off-season at the local dojo.

Instructor Jaschke hopes that this training in the art of taekwon-do will serve as a stepping stone for the introduction of the martial art into the school systems in his area and in the United States.

NAGI NATA FINDING NEW FANS

GARDENA, California—The ancient women's martial art of nagi nata (Japanese fencing) is experiencing a

popular revival as a sport and cultural art these days in the unlikely environs of the Gardena Buddhist Church.

Instructor Mrs. Yasuko Yamaguchi supplements the weekly Friday evening practice sessions with demonstrations, books and films illustrating new techniques for the nagi nata—a light, pole-like weapon, approximately seven feet long.

Either end of the weapon may be used to score one of the five main hits: to the head (*men*); to either side of the body (*do*); to the wrist (*kote*); a thrust to the throat (*tsuki*); and to the leg area (*sune*).

JIM CHAPMAN FATAL VICTIM OF AUTO CRASH

By Joyce Yarnall

AURORA, Illinois—Karate lost one of its most energetic and dedicated boosters with the death of Jim Chapman in a freak automobile accident on May 16.

For 15 of his 33 years, Jim Chapman was the embodiment of the dedicated karateka. The most prominent representative of the *issinryu* system in the Midwest, Jim built a respected record for himself both as a tournament competitor and as instructor at the Aurora YMCA.

Friends and karateka from several states attended Jim's funeral. Jim leaves his wife, Bonnie Jean, and six-year-old son, Jamie, in addition to multitudes of students, friends and admirers in the karate world.

PARISIAN NIGHTLIFE LOOKS TO THE DOJO

PARIS—From the world capitol of nostalgia and romance comes word that karate training has suddenly become one of the Parisian's most popular pastimes. The explanation for the overnight rush on every available dojo is the sudden popularity of the yamasuki, a Japanese dance that has become the summer's hit in French discotheques.

The dance is composed of six movements that consecutively express uncontrollable feelings of joy, pain, hatred, happiness, love and, of course, yamasuki. The first part of the dance involves going through the ritual that always preceded samurai contests—formal salutations, bowing, bending low and joining hands. When the mock battle begins, the idea is to mimic the fancy footwork and hand and arm techniques of the karateka.

Authenticity is preserved by including the karateka's grunts, hisses and shouts as part of the dance.



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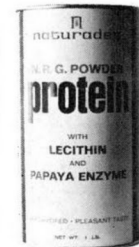
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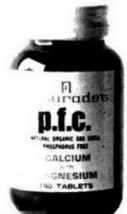
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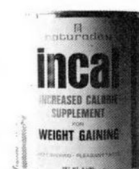
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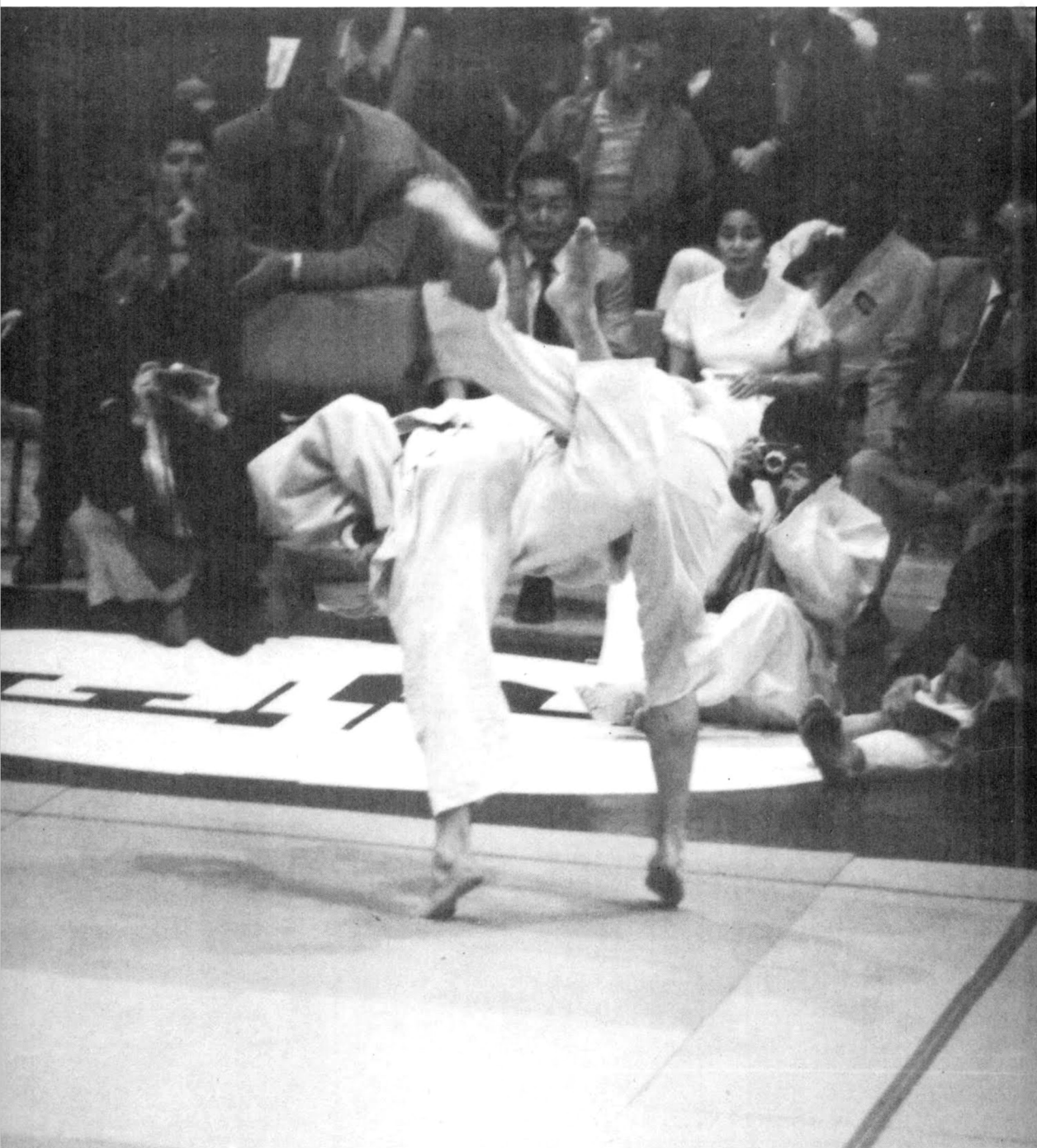


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1971 AAU JUDO NATIONALS



BY HAYWARD NISHIOKA

"Yaaaa!" a player kiated.

"Bamm!" his opponent hit the mat.

"Ippon!" shouted the referee as he declared a full point.

So went the action on three mats as the contenders for the grand championship of the 1971 Senior AAU Judo Nationals in St. Louis, Missouri slowly emerged.

Rodney Parr proved to be the somewhat unpopular star of the 139-lbs. division, although Dean Towers of the Air Force and James Ogata of the Army were closely watched as possible winners. Larry Fukuhara, the former champ, retired this year and did not compete.

For most of Parr's matches his repertoire consisted of *osotogari* (leg throw) and *uchimata* (inner thigh throw), as auxiliaries to his "big move", the *waki gatame* arm bar. Parr's first opponent in the round robin, Thomas Riggs, felt the full force of this technique when, midway through their match, Parr got him in this hold and sent him crashing to the mat. Riggs emitted a long shriek of agony which ended in a breathless groan. Parr had done a sit out on his arm, breaking it so severely that it lay hyperextended in the opposite direction. Tournament physician Fitzsimmons placed Riggs' arm back into its normal position, while the crowd hissed and booed as Parr was awarded the point.

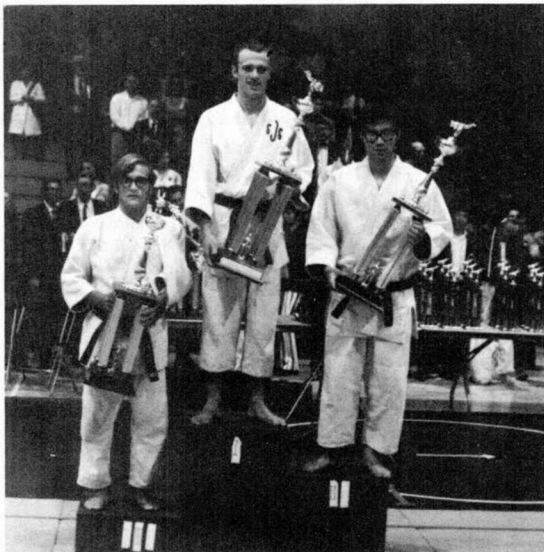
With Riggs out of the running, Parr had only to fight James Ogata for the title. Ogata moved cautiously, not wanting to donate his arm. He tried several footsweeps, a technique successful with his earlier opponents, but Parr was unimpressed. At the mid-point of the seven-minute match, Ogata applied a *seoinage* (shoulder throw) and both men fell to the mat, Parr on top, not completely over from Ogata's effort. Ogata complained to the referee of a pain in his shoulder, and the match was stopped for him to recover. Instead of resuming the match from a standing position, the ref placed both men in their original position. Parr, seeing his chance, instantly went in for an inverted *juji-gatame* (cross lock) and won the lightweight title.

Since Tosh Seino is retired, Paul Maruyama was the top contender for the 154-lbs. division championship. Pat Burris and Rene Zeelenberg seemed the only challengers who could possibly give him any trouble. In the early rounds all three men breezed through their matches. Burris had little difficulty gaining full points in each match as he slashed in with *uchimata* after *uchimata*. Zeelenberg also looked impressive as he whizzed through with his lightning-fast *haraigoshi* (loin sweep). Maruyama, on the other hand, seemed a little slower than usual.

At one point, Maruyama executed an *uchimata* which his opponent sidestepped. Result: Maruyama landed on his head and suffered a concussion. He continued the match, however, and won it by an *awase waza* (two half points) with a *taotoshi* (body drop). Afterwards, he said he wasn't fully aware of what was happening: "It seemed like a dream—like I was only half there."

Nearing the finals, Maruyama eliminated Zeelenberg, who had previously beaten him at the Air Force tryouts. Don Masterson of San Jose was still in the running, but Burris and Maruyama made quick work of him and proceeded to wage their own battle.

From the start, the two men persisted in playing as close to the edge of the mat as possible. Repeatedly, the ref pulled



LIGHTWEIGHT DIVISION champions line up with Rodney Parr as the champion, and James Ogata and Thomas Riggs in second and third places.

LIGHT MIDDLEWEIGHTS are headed by Pat Burris in first place, and Paul Maruyama and Don Masterson in second and third.



them back to the center, only to have them skirt off the edge again. Now, three-quarters through the match with no decisive points scored on either side, Maruyama overlooked the boundary and stepped outside in his intentness to throw Burris. Announcing a *chui* (infraction of the rules), the ref stopped the match and brought both players back to the starting line. Pressed for time, Maruyama barrelled in with all he had, but Burris evaded and remained cool, receiving the

light middleweight championship for his effort.

LOST SOME FIRE

All eyes were on Hayward Nishioka to retain his title as 176-lbs. champion. His stiffest competition promised to come from Irwin Cohen and Clyde Worthen, both of whom got off to a slow start in the early rounds. Nishioka seemed in top form, polishing off his opponents with an array of techniques. In the finals Nishioka came up against Cohen, whose series of techniques repeatedly brought Nishioka either to his knees or his side. Nishioka lost the match and seemed to have also lost some of the fire he had shown last year when he was runner-up to the grand champion.

Cohen's next match against Worthen meant the championship for him if he won. With this realization before them, both men were cautious. Then, with only minutes remaining, Cohen found the opening in Worthen's defenses he had patiently waited for. Seemingly from nowhere, Cohen caught him with a *deashibari* (forward foot footsweep) for a half point. Worthen got to his feet in anguish, then applied several unsuccessful *uchimata*. Time finally ran out, and Irwin Cohen was the new 176-lbs. champ.

Nishioka and Worthen now faced each other for second and third places. At the end of seven minutes of play neither one had received any decisive points, and Worthen was awarded the decision on the basis of his aggressiveness.

The 205-lbs.-and-under division clearly provided the toughest competition of the tournament. On hand were Gene Garren, Pan American champion; Alan Coage, 1970 Nationals grand champion; Doug Graham, 1970 Collegiate grand champion, plus many regional champions. As it turned out, the championship battle was destined to be fought early when Alan Coage and Doug Nelson drew each other in one of the first matches of the division.

Both men had just returned from training in Japan. Coage came back 60 pounds lighter and appeared much quicker, although he seemed to lack the power that made him a grand

champion last year. Nelson looked much improved, with a new repertoire of techniques. As the two men faced each other, each seemed to sense the awful consequences of losing the match. The initial grip was tense on the part of both players, each cautiously trying to keep his feet glued to the mat. Within a minute, Nelson initiated a beautiful *ippon seoinage* and rolled Coage over. There was a pause; the referee stood there, dumbfounded that last year's champion could be so easily turned over. When the match resumed, Coage tried desperately with *ouchigari* (major inner reap) and *taotoshi* to overtake Nelson's lead. Then, Nelson came in on another low drop *ippon seoinage* and rolled Coage over again. This time the referee called *wazari* (half point), although the first seoinage looked better to many than this second one. As time ran out, the decision was awarded to Nelson.

Nelson relied on his right *kosotogari* (outside minor reap) and his left *ippon seoinage* throughout the rest of his matches. His toughest opponent proved to be his own teammate, Gene Garren, who needed the win to stay in the round robin. It was a bitterly fought match that required a decision before Nelson could claim the title.

After the round robin match in which Alan Coage eliminated Igor Zatsepin, the final bout was between Coage and Wooley. This match went full time, with Coage receiving the decision on aggressiveness. Coage received the win with a frown, however, for he knew he would not have another chance to fight Nelson.

'DARK HORSE' ADVANCES

Arthur Canerio was the "dark horse" of the 1971 Nationals. No one noticed the tall New Yorker as he advanced steadily toward the summit of the over 205-lbs. division. One reason for this negligence was Lester Green of Arkansas, the third-kyu brown belt, who turned the spotlight on himself by defeating opponents of much higher rank and experience—one third-degree black belt, one second-degree and several first-degree black belts. Near the end of finals, however, Green was

PROVING that his National Collegiate Judo title was no fluke, Irwin Cohen, seen executing an *uchimata* in photo at left, took the 176-lbs. crown in St. Louis with wins over Clyde Worthen, 2nd, and Hayward Nishioka, 3rd.



eliminated by a decision loss to Charles Hooks.

In the round robin, Hooks fought Lee Pearson from West Texas. Both displayed power and near-impregnable defences. Late in the match Hooks applied a foot sweep which caught Pearson's foot in an awkward position and twisted it. Pearson could hardly stand on the foot, and the match was given to Hooks on a *kega maki* (injury loss).

Canerio played Hooks wisely in the final match, slicing in for a wazari-winning *uchimata*. Seeming a little tired, Hooks didn't press for a counterattack, which permitted Canerio to

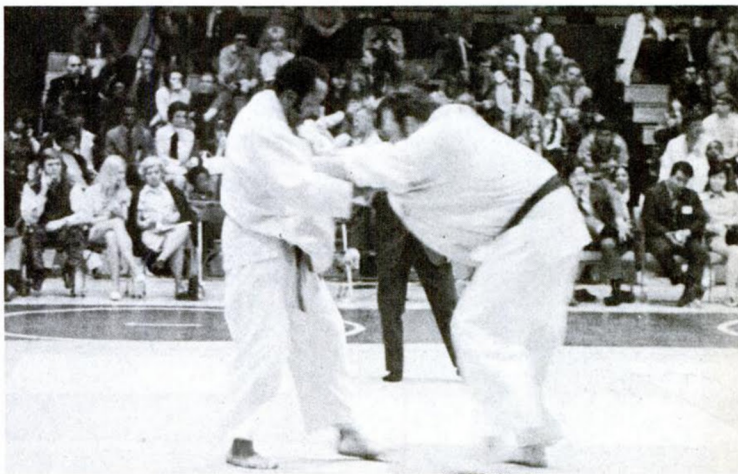
sandbag the rest of the way to the championship.

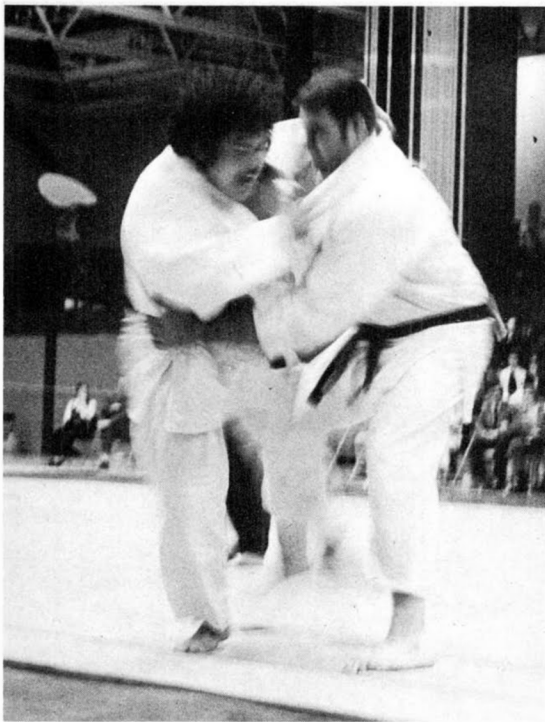
The final match of the open weight division ended with Dale Lehman of Texas taking a decision win over Roy Sukimoto from Nanka. When Sukimoto was subsequently declared the open weight champion, the crowd was perplexed. This decision, it was explained, had been reached on the basis of their performance in previous matches. During his match with David Long from San Jose, Lehman attempted an *osoto* but Long threw him for a full point with a *osoto-makikomi* (outside major reaping wrap). When Sukimoto fought Long,



GRAND CHAMPION Doug Nelson, seen disposing of one of his many victims with a *kouchigari*, beat defending champion Alan Coage in an early match in the 205-lbs. division. Coage, at far right, beat James Wooley for second in his division.

GROPING for a weakness in the other's defense, Charles Hooks and Lee Pearson vie for second in the over-205-lbs. division, below. Hooks, on right side of victory stand, won out, but was unable to stop Arthur Canerio for divisional title.





WON THE BATTLE but lost the war was Dale Lehman's (3rd place on the victory stand) plight. Lehman decisively won over Roy Sukimoto in their unlimited division tussle above, but Sukimoto was awarded the title on judges' decision, based on their overall performances. David Long, at right, took second.

however, he threw him outside the mat area with a taiotoshi and received a full point. According to international competition rules, this is a valid point as long as the thrower initiates it from inside the mat area and has his feet inside the boundary at the finish of the throw, even if the opponent lands outside. Lehman's decision win over Sukimoto was, in the final tally, just not good enough to earn him first or second place.

Now that the weight division champions were established, only the grand championship eliminations remained. In the lower weights Irwin Cohen, 176-lbs. champ, won over Rodney Parr, the 139-lbs. titlist, with a full-point taiotoshi. Then Pat Burris, the top man in the 154-lbs. division, eliminated Parr with a beautiful uchimata at the edge of the mat area for ippon. That left Cohen and Burris to fight it out for the right to go at the winner of the heavier weights for the grand championship. Although Burris was some 22 pounds lighter than Cohen, he provided a tough battle. In the end, Cohen edged him out with several point-winning taiotoshi and uchimata attempts.

Art Canerio, winner of the over 205-lbs. division, and Doug Nelson, the 205-and-under champ, fought viciously to gain supremacy of the heavyweights. Nelson's experience was too much for Canerio, however, and Nelson caught him with two *kouchigari* (minor interior reap), one of which succeeded in gaining him a wazari and the decision. Then Nelson went on to fight Roy Sukimoto for the open weights. Sukimoto kept most of his weight toward the rear in an effort to counteract any seoinage attempts by Nelson, but Nelson got in a right *kouchigari* instead. Nelson stayed cool for the rest of the match while Sukimoto frantically looked for an opening. At the bell, Nelson was awarded the decision.

This was it! The grand championship. Throughout most of



UP AND OVER went more than one of runner-up grand champion Irwin Cohen's opponents. Cohen registered many full points before falling prey to a Doug Nelson *kouchigari* in final bout.

the match Cohen fought close to the edge of the mat. He tried his ouchi-taiotoshi combination on Nelson, who remained unaffected by the attempt. Neither player seemed to have any real advantage until Nelson suddenly unleashed a *nidan kosoto-qake* (reverse fake to minor outside reap) which sent Cohen down sideways to his knees. The audience let out an uproarious cheer, but the ref gave no score. It was only to be used as a deciding factor in case of a tie. Then Nelson applied a decisive right kouchigari that brought Cohen to his back. The decision and the grand championship went to Nelson, and the 1971 Nationals came to a close as the two men bowed and embraced each other.

WINNERS OF THE 1971 JUDO NATIONALS

MEN

Grand champion: Douglas Nelson
Runner-up: Irwin Cohen

139-lbs. division:

1. Rodney Parr
2. James Ogata
3. Thomas Riggs

154-lbs. division:

1. Pat Burris
2. Paul Maruyama
3. Don Masterson

176-lbs. division:

1. Irwin Cohen
2. Clyde Worthan
3. Hayward Nishioka

205-and-under division:

1. Douglas Nelson
2. Alan Coage
3. James Wooley

Over 205-lbs. division:

1. Arthur Canario
2. Charles Hooks
3. Dean Merson

Open weight division:

1. Roy Sukimoto
2. David Long
3. Dale Lehman

WOMEN

Ju No Kata:

1. Sylvia Buck and Sachiko Koizumi tied with Trudy Behof and Janet Wittkamp
2. Iris Erlich and Julie Christiani
3. Sandi Cornelius and Kay Elsen tied Carol Fitzpatrick and Pat Fitzpatrick

Nage No Kata:

1. Louise Piche and Jean Fielding
2. Sylvia Buch and Sachiko Kozumi
3. Faye Allen and Dorothy Hickman

Kateme No Kata:

1. Rosemary Ward and Diane Tamura
2. Sylvia Buck and Sachiko Koizumi

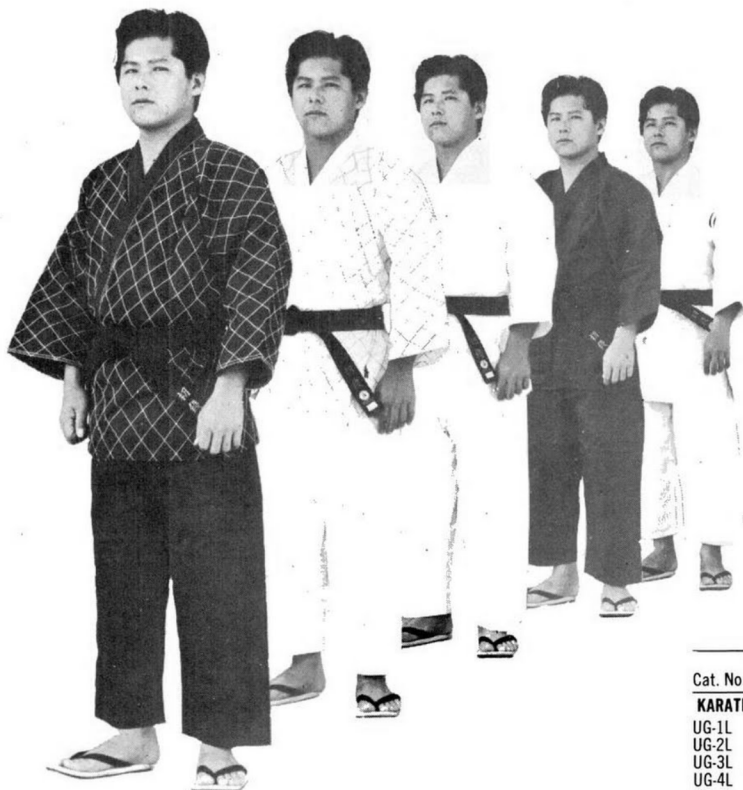


OGLING the fruits of his labors is 1971 grand champion Doug Nelson, who had to personally dispose of both last year's champ, Alan Coage, and '71 National Collegiate champ Irwin Cohen, seen congratulating the winner below.



RUNNING OUT of mat room, Irwin Cohen is forced to give up this attempted uchimata against 154-lbs. champ Pat Burris. Cohen prevailed with several taiotoshi and uchimata attempts.



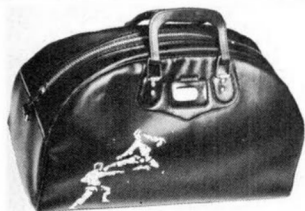


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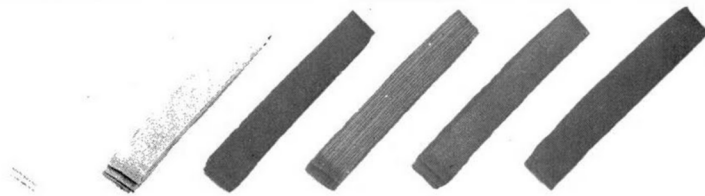
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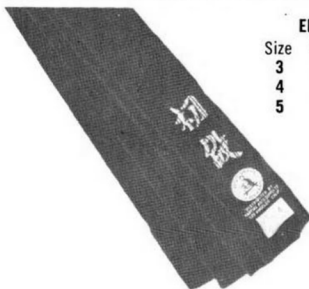
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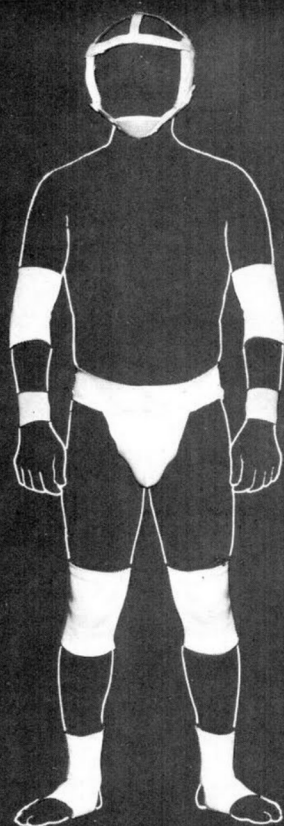
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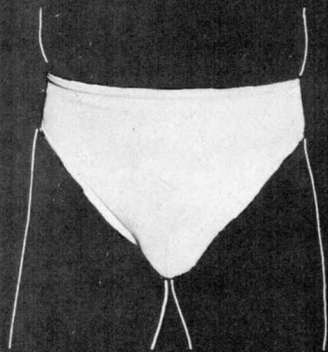
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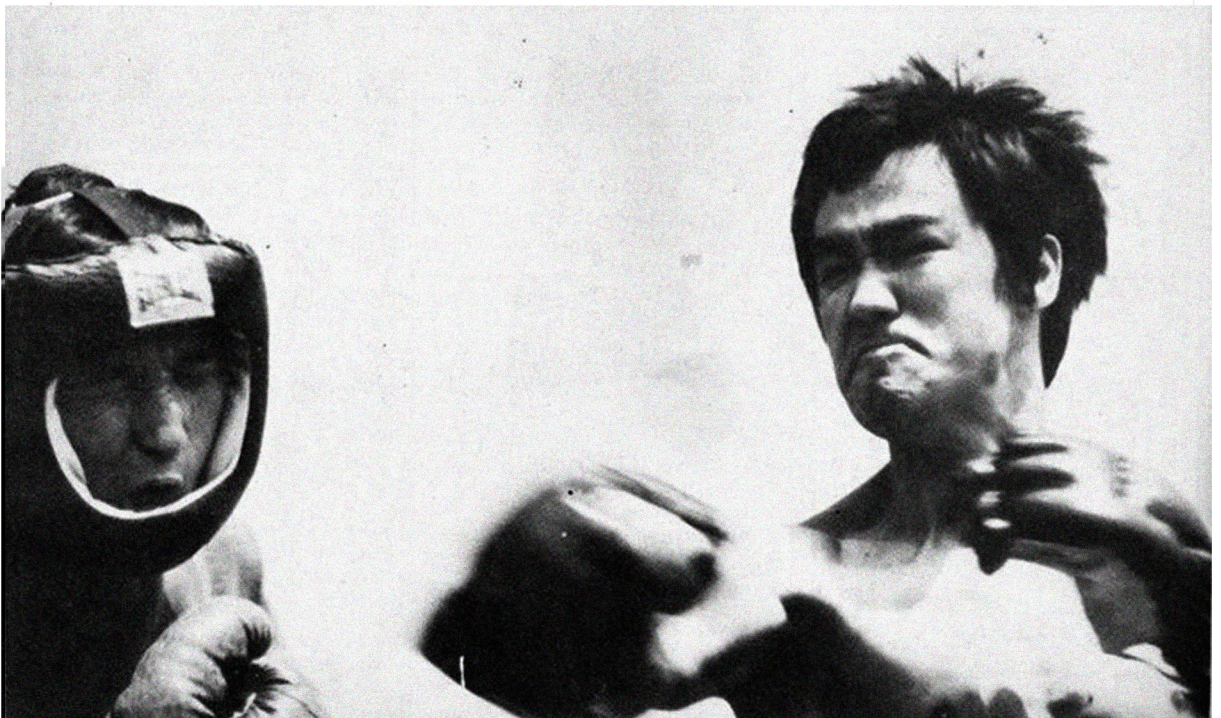


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截拳道

LIBERATE YOURSELF FROM CLASSICAL KARATE



BY BRUCE LEE

Photos by Linda Ashley

WHAT IS JEET KUNE DO? I am the first to admit that any attempt to crystalize jeet kune do into a written article is no easy task. Perhaps to avoid making a *thing* out of a *process*, I have not until now personally written an article on JKD. Indeed, it is difficult to explain what jeet kune do is, although it may be easier to explain what it is *not*.

Let me begin with a Zen story. The story might be familiar to some, but I repeat it for its appropriateness. Look upon this story as a means of limbering up one's senses, one's attitude and one's mind to make them pliable and receptive. You need that to understand this article, otherwise you might as well forget reading any farther.

A learned man once went to a Zen teacher to inquire about Zen. As the Zen teacher explained, the learned man would frequently interrupt him with remarks like, "Oh, yes, we have that too..." and so on.

Finally the Zen teacher stopped talking and began to serve tea to the learned man. He poured the cup full, then kept pouring until the cup overflowed.

"Enough!" the learned man once more interrupted. "No more can go into the cup!"

"Indeed, I see," answered the Zen teacher. "If you do not first empty your cup, how can you taste my cup of tea?"

I hope my comrades in the martial arts will read the following paragraphs with openmindedness, leaving all the burdens of preconceived opinions and conclusion behind. This act, by the way, has in itself a liberating power. After all, the usefulness of the cup is in its emptiness.

Make this article relate to yourself, because though it is on JKD, it is primarily concerned with the blossoming of a martial artist—not a "Chinese" martial artist, a "Japanese" martial artist, etc. A martial artist is a human being first. Just as nationalities have nothing to do with one's humanity, so they have nothing to do with the martial arts. Leave your protective shell of isolation and relate *directly* to what is being said. Return to your senses by ceasing all the intervening intellectual mumbo jumbo. Remember that life is a constant process of relating. Remember, too, that I seek neither your approval nor to influence you towards my way of thinking. I will be more than satisfied if, as a result of this article, you begin to investigate everything for yourself and cease to uncritically accept prescribed formulas that dictate "this is this" and "that is that".

ON CHOICELESS OBSERVATION

Suppose several persons who are trained in different styles of combative arts witness an all-out street fight. I am sure that we would hear different versions from each of these stylists. This is quite understandable for one cannot see a fight (or anything else) "as is" as long as he is blinded by his chosen point of view, i.e. style, and he will view the fight through the lens of his particular conditioning. Fighting, "as is", is simple and total. It is not limited to your perspective or conditioning

as a Chinese martial artist, a Korean martial artist or a "whatever" martial artist. True observation begins when one sheds set patterns, and true freedom of expression occurs when one is beyond systems.

Before we examine jeet kune do, let's consider exactly what a "classical" martial art style really is. To begin with, we must recognize the incontrovertible fact that regardless of their many colorful origins (by a wise, mysterious monk, by a special messenger in a dream, in a holy revelation, etc.) styles are created by men. A style should never be considered gospel truth, the laws and principles of which can never be violated. Man, the living, creating individual, is always more important than any established style.

It is conceivable that a long time ago a certain martial artist discovered some partial truth. During his lifetime, the man resisted the temptation to organize this partial truth, although this is a common tendency in man's search for security and certainty in life. After his death, his students took "his" hypothesis, "his" postulates, "his" inclination, and "his" method and turned them into law. Impressive creeds were then invented, solemn reinforcing ceremonies prescribed, rigid philosophy and patterns formulated, and so on, until finally an institution was erected. So, what originated as one man's intuition of some sort of personal fluidity has been transformed into solidified, fixed knowledge, complete with organized classified responses presented in a logical order. In so doing, the well-meaning, loyal followers have not only made this knowledge a holy shrine, but also a tomb in which they have buried the founder's wisdom.

But the distortion does not necessarily end here. In reaction to "the other's truth", another martial artist, or possibly a dissatisfied disciple, organizes an opposite approach—such as the "soft" style versus the "hard" style, the "internal" school versus the "external" school, and all these separative nonsense. Soon this opposite faction also becomes a large organization, with its own laws and patterns. A rivalry begins, with each style claiming to possess the "truth" to the exclusion of all others.

At best, styles are merely parts dissected from a unitary whole. All styles require adjustment, partiality, denials, condemnation and a lot of self-justification. The solutions they purport to provide are the very cause of the problem, because they limit and interfere with our natural growth and obstruct the way to genuine understanding. Divisive by nature, styles keep men *apart* from each other rather than unite them.

TRUTH CANNOT BE STRUCTURED OR CONFINED

One cannot express himself fully when imprisoned by a confining style. Combat "as is" is total, and it includes all the "is" as well as "is not", without favorite lines or angles. Lacking boundaries, combat is always fresh, alive and constantly changing. Your particular style, your personal inclinations and your physical makeup are all *parts* of combat, but they do not constitute the *whole* of combat. Should your responses become dependent upon any single part, you will react in terms of what "should be", rather than to the reality of the ever-changing "what is". Remember that while the whole is evidenced in all its parts, an isolated part, efficient or not, does not constitute the whole.

Prolonged repetitious drillings will certainly yield mechanical precision and security of the kind that comes from any routine. However, it is exactly this kind of "selective" security

or "crutch" which limits or blocks the total growth of a martial artist. In fact, quite a few practitioners develop such a liking for and dependence on their "crutch" that they can no longer walk without it. Thus, anyone special technique, however cleverly designed, is actually a hindrance.

Let it be understood once and for all that I have *not* invented a new style, composite, or modification. I have in no way set jeet kune do within a distinct form governed by laws that distinguish it from "this" style or "that" method. On the contrary, I hope to free my comrades from bondage to styles, patterns and doctrines.

What, then, is jeet kune do? Literally, "jeet" means to intercept or to stop; "kune" is the fist; and "do" is the way, the ultimate reality—the way of the intercepting fist. Do remember, however, that "jeet kune do" is merely a convenient name. I am not interested with the term itself; I am interested in its effect of liberation when JKD is used as a mirror for self-examination.

Unlike a "classical" martial art, there is no series of rules or classification of technique that constitutes a distinct "jeet kune do" method of fighting. JKD is not a form of special conditioning with its own rigid philosophy. It looks at combat not from a single angle, but from all possible angles. While JKD utilizes all ways and means to serve its end (after all, efficiency is anything that scores), it is bound by none and is therefore free. In other words, JKD possesses everything, but is in itself possessed by nothing.

Therefore, to try and define JKD in terms of a distinct style—be it gung-fu, karate, street fighting, Bruce Lee's martial art, etc.—is to completely miss its meaning. Its teaching simply cannot be confined within a system. Since JKD is at once "this" and "not this", it neither opposes nor adheres to any style. To understand this fully, one must transcend from the duality of "for" and "against" into one organic unity which is without distinctions. Understanding of JKD is direct intuition of this unity.

There are no prearranged sets or "kata" in the teaching of JKD, nor are they necessary. Consider the subtle difference between "having no form" and having "no-form"; the first is ignorance, the second is transcendence. Through instinctive body feeling, each of us *knows* our own most efficient and dynamic manner of achieving effective leverage, balance in motion, economical use of energy, etc. Patterns, techniques or forms touch only the fringe of genuine understanding. The core of understanding lies in the individual mind, and until that is touched, everything is uncertain and superficial. Truth cannot be perceived until we come to fully understand ourselves and our potentials. After all, *knowledge in the martial arts ultimately means self-knowledge.*

At this point you may ask, "How do I gain this knowledge?" That you will have to find out all by yourself. You must accept the fact that there is no help but self-help. For the same reason I cannot tell you how to "gain" freedom, since freedom exists within you, I cannot tell you how to "gain" self-knowledge. While I can tell you what *not* to do, I cannot tell you what you *should* do, since that would be confining you to a particular approach. Formulas can only inhibit freedom, externally dictated prescriptions only squelch creativity and assure mediocrity. Bear in mind that the freedom that accrues from self-knowledge can not be acquired through strict adherence to a formula; we do not suddenly "become" free, we simply "are" free.

Learning is definitely not mere imitation, nor is it the ability to accumulate and regurgitate fixed knowledge. Learning is a constant process of discovery, a process without end. In JKD we begin not by accumulation but by discovering the cause of our ignorance, a discovery that involves a shedding process.

Unfortunately, most students in the martial arts are conformists. Instead of learning to depend on themselves for expression, they blindly follow their instructors, no longer feeling alone, and finding security in mass imitation. The product of this imitation is a dependent mind. Independent inquiry, which is essential to genuine understanding, is sacrificed. Look around the martial arts and witness the assortment of routine performers, trick artists, desensitized robots, glorifiers of the past and so on—all followers or exponents of organized despair.

How often are we told by different "sensei" or "masters" that the martial arts are life itself? But how many of them truly understand what they are saying? Life is a constant movement—rhythmic as well as random; life is constant change and not stagnation. Instead of choicelessly flowing with this process of change, many of these "masters", past and present, have built an illusion of fixed forms, rigidly subscribing to traditional concepts and techniques of the art, solidifying the ever-flowing, dissecting the totality.

The most pitiful sight is to see sincere students earnestly repeating those imitative drills, listening to their own screams and spiritual yells. In most cases, the means these "sensei" offer their students are so elaborate that the student must give tremendous attention to them, until gradually he loses sight of the end. The students end up performing their methodical routines as a mere conditioned response, rather than *responding to* "what is". They no longer "listen" to circumstances; they "recite" their circumstances. These poor souls have unwittingly become trapped in the miasma of classical martial arts training.

A teacher, a really good sensei, is never a *giver* of "truth"; he is a guide, a *pointer* to the truth that the student must discover for himself. A good teacher, therefore, studies each student individually and encourages the student to explore himself, both internally and externally, until, ultimately, the student is integrated with his being. For example, a skillful teacher might spur his student's growth by confronting him with certain frustrations. A good teacher is a catalyst. Besides possessing deep understanding, he must also have a responsive mind with great flexibility and sensitivity.

A FINGER POINTING TO THE MOON

There is no standard in total combat, and expression must be free. This liberating truth is a reality only in so far as it is *experienced and lived* by the individual himself; it is a truth that transcends styles or disciplines. Remember, too, that jeet kune do is merely a term, a label to be used as a boat to get one across; once across, it is to be discarded and not carried on one's back.

These few paragraphs are, at best, a "finger pointing to the moon". Please do not take the finger to be the moon or fix your gaze so intently on the finger as to miss all the beautiful sights of heaven. After all, the usefulness of the finger is in pointing away from itself to the light which illumines finger and all.





THE CRIPPLE



by
Paul W. L. Kwan

MASTER ISHIGURO, KENJITSU INSTRUCTOR for the Lord of Kuwakata Castle, read the letter with a frown on his face. It was a challenge to a duel from Fujisaki Yutaka of Muken-ryu kenjitsu. He was asking Ishiguro to meet him at Devil's Head Forest tomorrow. Ishiguro had heard a great deal about Fujisaki in the last few months. Fujisaki had dueled Master Ide of Musohissatsu-ryu and in a matter of minutes broke Ide's sword and killed him. Since then Fujisaki, accompanied by a small, wiry man named Yatoriki Nosuke, had been traveling around the country issuing challenges to all the well-known swordsmen. In every battle, Fujisaki broke his opponent's weapon before moving in for the kill. Soon word got around that Fujisaki possessed an

extremely strong sword which he called Genseki (rock shattering).

Ishiguro, wondering if his own weapon was as strong as the Genseki, took his favorite sword from the rack and examined the blade carefully. It was a fine sword made by a famous smith and had held up well in many battles. Ishiguro stepped outside to the courtyard of his dojo and tested the sharpness of his sword by cutting through bundles of straw and the length of a bamboo. Satisfied, Ishiguro cleaned it and returned it to the rack.

A SHADOW IN THE NIGHT

That night just after midnight a shadow appeared outside of Ishiguro's bedroom. It was the small, wiry Yatoriki Nosuke in black ninja clothes. Very quietly and carefully, Yatoriki wet the rice paper on the screen door with his saliva. Then he silently made a hole by inserting a small bamboo tube through the wetted spot. Yatoriki began to blow smoke through the tube until it was fully diffused throughout Ishiguro's bedroom. The smoke, concocted of a special mixture of herbs, induced a deep sleep in anyone who inhaled it.

After several minutes, when Yatoriki was certain that the smoke had taken effect, he hastily wrapped his nose and mouth with a wet towel which was treated to counteract the smoke and then entered the room.

Yatoriki took Ishiguro's sword from the rack and wrapped a long thread around the middle of the blade. Then he poured some oil onto the thread and set fire to it. Yatoriki wiped the blade with a piece of cloth, returned it to its sheath and replaced it on the rack. Swiftly, Yatoriki patched up the screen door and disappeared into the darkness, leaving Ishiguro to sleep soundly through the night.

At noon in the Devil's Head Forest, Ishiguro met Fujisaki face to face. After the routine protocol, the two men squared off. Ishiguro, eager to terminate the fight as soon as possible, led the attack. Fujisaki waited for his opponent to swing his sword; then, at the very last instant, he blocked it with all his power.

Ishiguro's trusted blade snapped in two. Before he could recover, Fujisaki's Genseki cut him down.

"Well done, well done!" Yatoriki came out from behind a tree, clapping his hands.

A thin smile appeared on Fujisaki's face as he returned his blade to its sheath. "You know something?" he told Yatoriki. "There is not a single swordsman in the country who can stop us. Regardless of how good my opponents' swords are, your little trick will weaken them so that my Genseki can easily break them."

"Where are we going next?" asked Yatoriki.

"To the dojo of Yagyu Mitsuyoshi, fencing instructor of the Shogun! I am going to kill Yagyu so the Shogun will appoint me to take his place. Then I will be rich and famous!" Fujisaki boasted.

A CHALLENGE IS ISSUED

Master Yagyu, the famous one-eyed swordsman, was not really surprised when he saw Fujisaki and Yatoriki coming to his dojo. Many had challenged him, and he had managed to handle all of them. When he heard that Fujisaki would not be satisfied with a workout using the bokken (wooden sword)

and insisted on live blades, Yagyu knew this man wanted more than just a demonstration of skill.

Yagyu smiled at Fujisaki and called out, "Gentatsu!" A young man hobbled into the room.

"Gentatsu will fight you tomorrow," said Yagyu.

The challenger looked at the young man, disbelieving what he had heard. Gentatsu was not only young, but a cripple as well. He had to depend on a stump of wood and a crutch to move around.

"How can this cripple fight against me?" Fujisaki demanded.

"He has mastered the essential principles of the martial arts, and I have great faith in him. If you can defeat him, then I'll fight you," Yagyu answered quietly.

Fujisaki finally agreed, but he was still fuming mad when he departed the dojo.

That evening young Gentatsu left the Yagyu dojo and hobbled slowly home. Slung across his back was a crude sword. He was unaware that he was being followed by Yatoriki Nosuke.

That night Gentatsu had a visitor in his bedroom, but he knew nothing about it as he slept very soundly.

At noon the next day, Yagyu, Gentatsu, Fujisaki and Yatoriki met in a forest. Fujisaki unsheathed his Genseki and looked at the cripple with contempt. Gentatsu placed his crutch against a tree and awkwardly approached Fujisaki.

"I am going to relieve you of your misery, wretch!" Fujisaki laughed. Then he charged.

Suddenly Gentatsu jumped to one side with amazing speed, his hands moving in a blur.

"Ahhh..." screamed Fujisaki, caught short in the middle of his charge. Embedded in his chest were 22 suriken (throwing knives). He looked at the sword still on the young man's back, then fell to the ground. He never had a chance to use his famous Genseki.

"You killed him! You killed him!" Yatoriki screamed hysterically and charged Gentatsu with sword drawn.

Yagyu stepped in and cut down the small man with one sweeping move. Then he picked up the Genseki and told Gentatsu, "Pull out your sword and let's see if Genseki is as good as people say it is."

Gentatsu pulled out his sword and struck the Genseki. His weapon snapped cleanly in the middle.

Gentatsu shrugged his shoulders and smiled. "Oh well, I don't really care. I seldom have any use for a sword anyway," he said to Yagyu as the two prepared to return home.

Morui Gentatsu was called Suriken-no-Kami (god of the throwing knives) because of his extraordinary skill with the suriken. The fact that he was a cripple probably was an important factor in causing him to specialize in throwing knives. At a relatively young age he could already perform the incredible feat of delivering in rapid sequence 36 surikens, 18 from each hand. After he met Yagyu Mitsuyoshi, he managed to improve his skill even further and was reputed to be able to deliver 42 surikens at a time, 21 from each hand. The dates of birth and death of this amazing budoka are unknown.

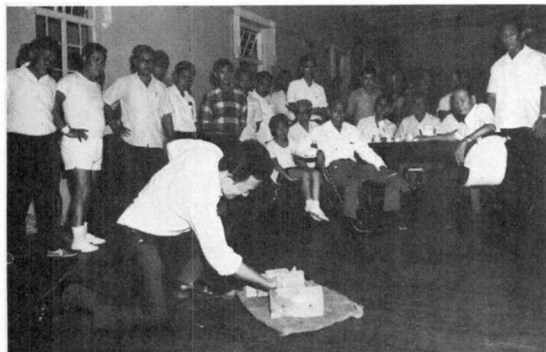


THE DECEPTIVE TRANQUILLITY OF TAI-CHI

by Teoh Hood Eng



Photos by Teoh Hood Eng



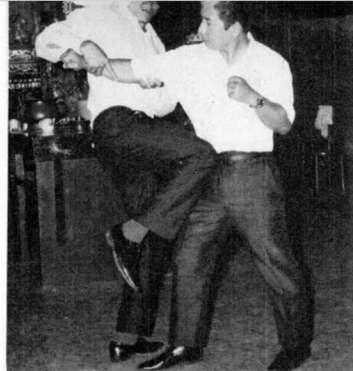
THE TIGER OF TAI-CHI CHUAN, Sifu Tok Seng of Penang, Malaysia became convinced of his art's effectiveness the hard way. The Sifu looks on as his protegee, Teoh Boon Ker, shatters a brick with the back of his uncalloused hand.

FEW ARTS ARE MORE deserving of nomination for the World's Most Misunderstood Martial Art title than tai-chi chuan. The art's languid, almost lethargic motions convince most observers of its impracticality for actual self-defense. Young, impatient martial artists reject tai-chi chuan in favor of the brickbreaking and speed they associate with kung-fu and its allied arts.

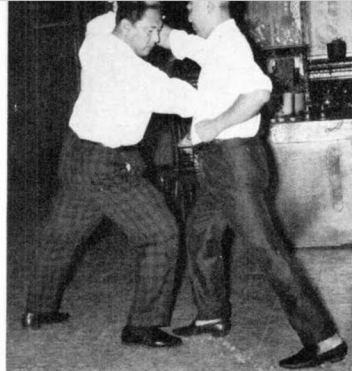
But while the layman holds this image of tai-chi chuan as being impotent and ineffectual, the tai-chi master remains secure in the knowledge that his is a very deadly art indeed—an art that, under its staid facade, can give as well as take in a very literal sense.

Few people alive today are better qualified to spread the message of the "real" tai-chi chuan than Sifu Tok Seng Gim of Penang, Malaysia. Known to his many devoted students as "The Tiger", Sifu Tok has studied and competed with other instructors and practitioners without once meeting his match in the art.

Sifu Tok began his study of tai-chi chuan 30 years ago at



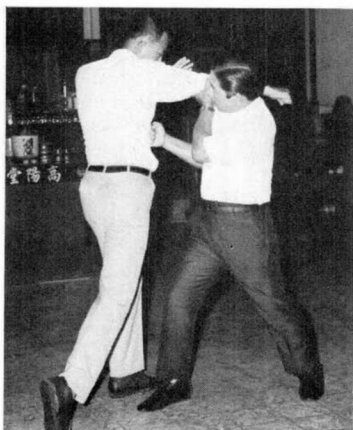
Chin chee tu li, one of tai-chi's best counters, in which the opponent's forearm is drawn to the stomach.



The *choe*, or elbow strike, in which the elbow is driven into the opponent's stomach or solar plexus.



Py lean cheow, a counter and kick modeled after the motions of the lotus leaf tossing in the wind.



A favored technique for close-in fighting, the *choe ti chui* permits the tai-chi combatant to use his potent *keng*.



In the *t'n cheow*, or heel kick, the ball of the foot is drawn back as far as possible to thrust out the heel.



The *pai seah thoo sin* counter, in which the opponent's wrist is contained by one hand while the other strikes to the head.

the age of 12, but soon dropped it in favor of kung-fu when he was unable to find really expert instructors. Like many young men, he found the art too time-consuming and monotonous. His innate drive and determination soon pushed him into prominence, but his reputation was tarnished by adolescent pride and boastful challenges to all comers.

In 1957, Sifu Yeap Siew Theng, a tai-chi chuan expert, paid a visit to the art's practitioners in Penang at the Chin Woo Association. Sifu Tok, then at the peak of his proficiency, greeted Yeap's arrival with great skepticism. Seizing the chance for a showdown, Tok strode disdainfully into the Association's dojo where the master was conducting a exhibition and challenged him on the spot. Yeap consented.

What ensued is best described by "The Tiger's" own recollection: "I remember finding myself disturbed by how calm and composed he was both before and during the match. I was much the taller, but I saw at once how graceful and swift his maneuvers were. It was a far cry from the tai-chi chuan I had known. I found it almost impossible to connect with any of my blows, and those that did land didn't seem to disturb him at all. This, I was later to find out, was due to his inner body resistance. As it turned out, he surprised me with some counters I had never seen before and I came away from the

encounter with some injuries."

Following the match, Sifu Tok lost little time in becoming Yeap's disciple. In the traditional initiation ceremony, Tok offered a cup of tea to the master and swore his allegiance to the art he had once discarded. From his new master, he learned the secrets of tai-chi and its principle of *intrinsic energy*. Eventually, he acquired an instructor's proficiency and toured the country with Sifu Yeap, establishing schools for the art. In 1959, he went to Singapore as the representative of the Penang Chin Woo Association and gave the first exhibition of *inner resistance* in that country, a demonstration which involved inviting members of the audience to strike him at will all over his body. After Sifu Yeap's return to Taiwan, "The Tiger" became head instructor and remains so to this day.

According to Sifu Tok, tai-chi chuan is an art that was originally taught to Chinese royalty. After the overthrow of the Munchu dynasty, tai-chi instructors had to resort to teaching members of the lesser aristocracy to make a living, but they tried to maintain the prestige of the art. Even today, its status has never been degraded and it is taught only to those who can afford it or are worthy of it. Undesirables are refused admission to Sifu Tok's classes.

There are two sects in tai-chi chuan—the *goh* sect and the

young sect, of which Sifu Tok is a practitioner. The art admits of no discrimination and is practiced by young and old of both sexes. It is as appealing to older people as a conditioning exercise as it is to the young as a self-defense system. Sifu Tok instructs his older students in meditation, through which they can develop inner resistance as well as temper and nerve control.

The emblem of the art tells a story in itself. The yin and yang insignia represents the space between the heavens and the earth, which in turn is said to represent the art's all-inclusiveness. The yin, which is colored white, represents night and tells of the "softness" of the art. The "soft" principle of tai-chi is evident in the practitioner's flexibility in anticipating a blow. The yang, which is colored black, represents day and tells of the 'hardness' of the art. Tai-chi's "hardness" is evident in its rigid and forceful countering techniques. By mastering these principles of hardness and softness, the tai-chi chuan practitioner can both deliver powerful blows and withstand an opponent's punches and kicks.

Although the art has a complex kata of 108 movements, a practitioner is considered to have an effective arsenal when he has mastered 38 of the movements. Many personal variations are derived from the fundamentals. The slow, dance-like

movements for which the art is denigrated by many are the traditional ways to check for errors and regulate the blood circulation in practice. When a practitioner has thoroughly mastered the kata, his movements can be very swift, as is required in combat.

Tai-chi chuan discourages coarse toughening of the hands and feet. Training is conducted on smooth-surfaced materials to encourage the novice to exercise his full powers without fear of hurting hands or feet. Tai-chi instructors feel that beginners will retract most of the force of their blows reflexively, and thereby diminish their full energy potential, when forced to train on painfully hard objects. In combat, one cannot draw back and prepare to deliver a strike. It must be delivered from whatever position the hands or feet happen to be in. Tai-chi punches can still be executed even when the fist is in contact with an opponent's body. The sudden release of inner energy that jolts the force of the blow into an opponent's body is known as *keng*. It is the *keng* that accounts for the six-inch punch of the tai-chi fighter which rates high among the most effective strikes in all the martial arts. The tai-chi fighter in combat is a model of calmness, his mind and spirit functioning in perfect harmony.



INNER RESISTANCE possessed by tai-chi practitioner Andy Leong, known in Penang as The Blind Swordsman, renders him insensible to the force of a full blow from a hardwood pole.

MEET THE MARTIAL ARTIST

RESULTS OF BB SURVEY

IT COMES AS NO SURPRISE to anyone who has been on the martial arts scene for awhile to hear that their colleagues are an individualistic and opinionated lot. In designing the BLACK BELT Survey, we were hopeful of collecting and tabulating some of these opinions, with an eye towards letting the conclusions guide us in keeping BB's editorial policy as responsive as possible to the wishes of our readership. Here is what we found.

Seventy-five percent of you are in the 11 to 35 age bracket. Of this group 49% are between 21 and 35 years old, 18% are between 17 and 20, and 18% are between 11 and 16 years old. About 6% are in the 36 to 40 age group, and 9% are over 40 years old.

We found that 6% of BB's readers are women.

The Survey supported a conclusion that most of us had reached a long time ago—that martial artists are among the best educated, most discerning and most well informed of athletes. Seventy percent of you are high school graduates, and of these, 30% have had some college and 18% have at least a bachelor's degree. The Survey further reveals that, consistent with our readers' level of education, a large percentage, 20%, are in the professions (doctors, teachers, executives, lawyers, etc.), and 25% are in the semi-professional category (technicians, skilled and blue collar workers, etc.). Twenty two percent of you are laborers and workers, and 18% are currently in the Armed Services.

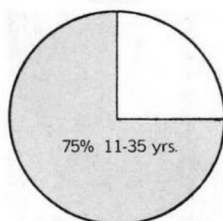
Fully 65% of you have studied the arts for less than five years. Of these, 20% have studied for less than a year. Of the 28% who have practiced the arts for more than five years, 10% claim 10 years or more experience. Your belt rankings substantiate these findings: 16% have no ranking; 39% are under brown belt; 23% are brown belt; and 22% are black belt.

You read many other magazines frequently, such as Time, Life, and Look (17%), specialized publications on guns, cars, etc. (14%), and other martial arts magazines (14%). Five percent of you read Sports, Sports Illustrated and other sporting magazines. More of you (27%) read BB's sister publication, KARATE ILLUSTRATED, than any other magazine!

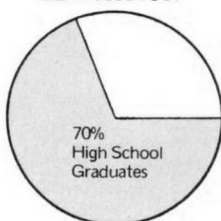
Although we found almost as many reader preferences for specific types of articles as we had responses, there was some consensus on BB's strengths. The single most popular type of article seems to be the historical narrative, like those authored by Paul Kwan. "How-to" articles on techniques are well received, as is BB's general policy of featuring as many different arts and styles as possible. Most readers prefer that we continue to supplement karate and judo coverage with news of all the arts.

This was the kind of feedback from our readers that we had hoped for in designing the Survey. Thanks to your enthusiastic and candid response, we are now in a position to keep both the style and the content of BB focused squarely on your preferences and expectations.

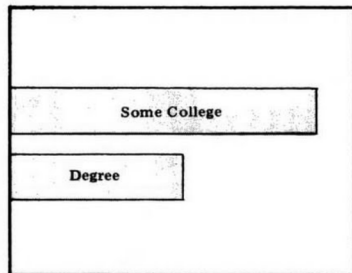
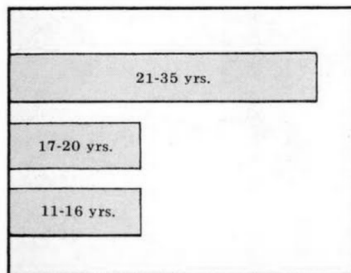
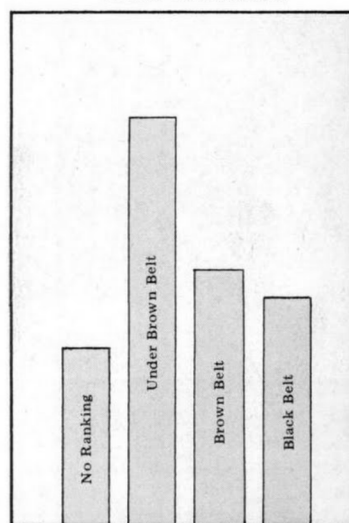
AGE



EDUCATION



BELT RANKING



MARTIAL ARTS MEDIA MADNESS

By PHILIP B. MOSHCOVITZ

The strength magazines seem to be muscling in on the martial arts these days, as many of them are featuring budo articles. "Gil Hansen, The Muscle Man Of Karate" by Kevin Parson in *MUSCULAR DEVELOPMENT* mentions how Hansen effectively combines weight training with karate. He broke into karate in 1955 after watching a budoman shatter some bricks in Greenwich Village. Today, Hansen is a police sergeant and self-defense instructor. "While I don't demand that my students lift, we've found that those who do lift are superior in free sparring and that their kata movement is more fluid." Hansen describes an experiment involving two equal groups of new students that received the same karate lessons, but with one of the groups lifting weights three times a week. "At the end of one year we found that those who had been lifting were not physically more agile and stronger, but faster." Hansen's other specialty is a drill which involves blocking and catching arrows shot from a 28-pound bow. . . . "Enormous physical and psychological benefits can be derived by adopting a well-planned program of supplementary weight training exercises," says Bradley K. Steiner in *STRENGTH AND HEALTH*'s "Weight Training For The Budoka". Speed, strength, endurance and stamina should be striven for rather than a magazine cover build. The article lists weight training methods for the novice, especially those that will benefit the budoman. The only equipment required is a standard adjustable barbell. . . . *New Habit Department: LIFE* magazine looked at a nun who is trying to help with the drug problem in the photo feature "Sister Fuzz". Sister Cornelia, a former Air Force major, "does not hesitate to use judo" on criminals. . . .

While the only real way to stabilize the economy might be to raise horses, Adventure On A Shoestring has found an alternative method. The Manhattan-based group is composed of people wishing to see the sights without parting with the cash. The organization has spoken with flying saucer experts, a lady bullfighter, a heart transplant surgeon, and even toured the traffic control facilities of Lincoln Tunnel. Founder Howard Goldberg has led the group to many New York dojo for martial arts demonstrations. . . . *Daffynition*: Despair is seeing your karate instructor beat up by an interior decorator. . . . *Budo Kudo*: To karateka Billy Corbett of Seattle, Washington who raised money for kidney machines the hard way. He smashed over 2,000 bricks for charity one weekend because "children mean a great deal to me." He not only broke his helping hand, but also his heart when less than \$300 was collected. He refused to call it quits, even after the injury. NBC news focused on the event. . . . *Bronzed Broken Board Award*: To American International Pictures who made a big boo-boo by including karate in the sick flick, *Taobos Of The World*. Kumite in the dojo is described as the "discipline of death" and is supposedly "revealed for the first time". Other wild and weird wonders include pink elephants, witch doctors and skinning live snakes.



FIGURINES



FIGHTING STANCE



SIDE-SNAP KICK



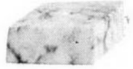
ACTION FIGURES



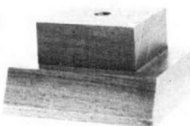
BLOCKING STANCE



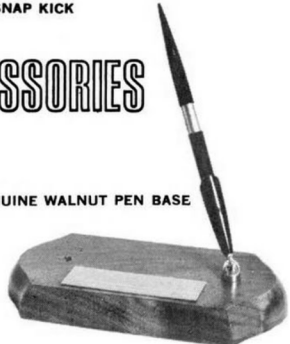
STANDING FIGURE



ACCESSORIES



GENUINE WALNUT BASE



GENUINE WALNUT PEN BASE

THE FIGHTING SPIRIT IN GOLD OR SILVER

FIGURINES: Gold or Silver plated with mounting nut and bolt.

Standing Figure	4 1/2" height, for Aikido	TFG1	\$2.00
Standing Figure	4 1/2" height, for Aikido	TFS1	\$2.00
Throwing Figure	4 1/2" height, for Judo	TFG2	\$2.40
Throwing Figure	4 1/2" height, for Judo	TFS2	\$2.40
Side-Snap Kick	4 1/2" height, for Karate	TFG3	\$3.95
Side-Snap Kick	4 1/2" height, for Karate	TFS3	\$3.95
Blocking Stance	5 1/2" height, for Karate	TFG4	\$2.50
Blocking Stance	5 1/2" height, for Karate	TFS4	\$2.50
Fighting Stance	5" height, for Karate	TFG5	\$2.00
Fighting Stance	5" height, for Karate	TFS5	\$2.00
Action Figures	6" height, for Judo	TFG6	\$3.95
Action Figures	6" height, for Judo	TFS6	\$3.95

ACCESSORIES:

Genuine Walnut Base	#945	\$1.50
Italian Marble Base	#AG114	\$1.25
Genuine Walnut Pen Base	#4G701	\$6.95

PLEASE USE HANDY MARTIAL ARTS COUPON ON PAGE 66

Code 211R

ASSAULT AND ROBBERY OF MOTORIST

2312 hrs.: Patrol unit 14, Firestone Station, responded to HQ dispatcher's call reporting alleged robbery and assault victim waiting at toll booth, NW corner of parking lot at Whitney Plaza Shopping Center.

2320 hrs.: Arrived at location and found victim in toll booth. Victim suffering multiple cuts and lacerations on face and neck area; complained of severe head pains; was lucid and did not appear to be in shock.

2324 hrs.: Issued order for ambulance.

Victim, 27-year-old male, self-employed as paperhanger, states that he was driving alone N/B on Exposition en route home from game at Anaheim Stadium when he stopped in lane No. 1 for red light at intersection of Slauson Ave. at approx. 2230 hrs. Victim states that his was the only vehicle waiting in N/B lanes—does not recall any other vehicles in intersection.

Victim states that three pedestrians were waiting to cross from W to E on Slauson—an elderly man and woman who crossed immediately, and the suspect, who left approx. 10 yards behind them.

Victim reports suspect appeared to be crossing street, then took two quick steps to his left and unlocked passenger-side door of victim's vehicle. Suspect slid onto front seat beside victim and pushed what appeared to victim to be a .38 calibre revolver into victim's ribs.

Victim states he complied with suspect's command to place "Both hands on the wheel and step on it!" Victim reports he was ordered to continue N/B on Exposition, then to proceed W/B on Allende Drive to its dead end behind United Freight Packing warehouse.

Victim reports suspect then ordered him to turn off lights and ignition; then suspect grabbed keys from ignition, exited and came around front of vehicle to driver's door, keeping weapon aimed at victim at all times. Victim states suspect demanded his wallet. When victim hesitated to comply, suspect repeated his command.

Victim states that he then attempted to slam left door of vehicle into suspect, thinking that he might effect an escape in the totally darkened area of the nearby warehouse, Victim recalls being tripped by suspect, then beaten about the head with the butt of suspect's weapon until lapsing into unconsciousness.

Victim estimates that he regained consciousness approx. 8 minutes later (2255 hrs.), at which time he discovered his vehicle, wallet and watch missing, with suspect gone. Victim states he crossed vacant field behind warehouse to parking lot where call was made to HQ.

Victim describes his alledged assailant as a 30 to 40-year-old male, approx. 6', 200-pounds, short-cut hair, wearing light blue fishnet-type shirt, orange and black varsity-type jacket and blue jeans. Victim states suspect had pint of liquor in left jacket and appeared to have been drinking prior to the alleged crime.

Victim states that he will be able to identify his assailant, does not think there were any witnesses.

Victim's vehicle a sand-colored 1969 Chevrolet Camaro coupe, man. trans. Victim states his wallet contained approx. \$50 cash and asst. personal I.D. items, and values Omega wristwatch at approx \$200.

2340 hrs.: Ambulance arrived and victim was sent to Southside General Hospital.

2343 hrs.: All-points description of suspect and stolen vehicle issued.

2345 hrs.: Victim's sister notified.

Sergeant Broady's experience in investigating this type of robbery has led him to the conclusion that, "Like street muggings and assaults in general, robberies of motorists are almost invariably crimes of opportunity.

"The assailant in this case may have been waiting on the

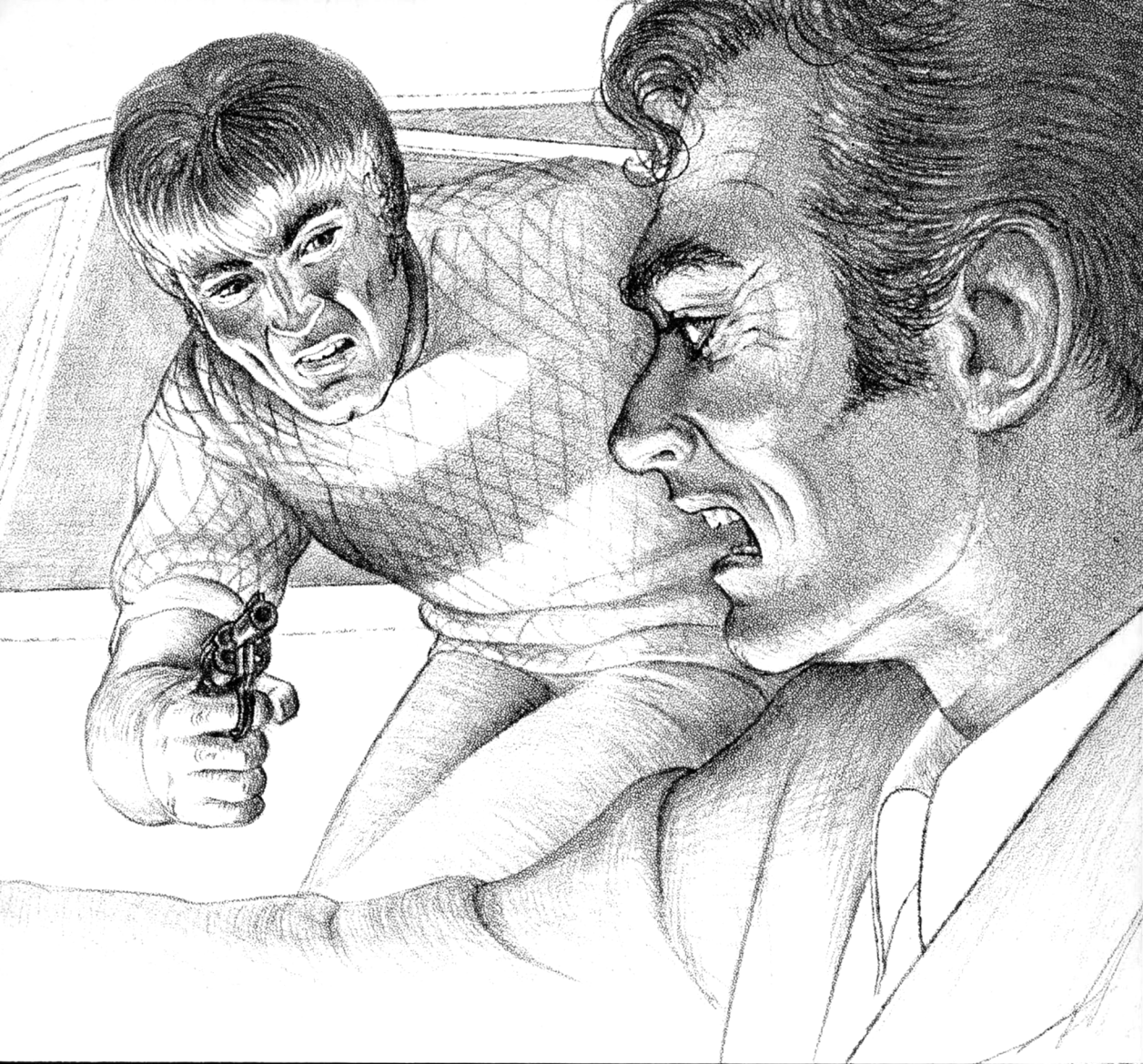
sidewalk for the right vehicle to appear in the semi-deserted intersection, but it's more likely that he saw the open window and spontaneously decided to pull the job. It almost goes without saying that the first preventive measure to apply here is to never drive with windows down or doors unlocked when

EDITOR'S NOTE:

This is the second in BLACK BELT's series of articles, prepared with the assistance of the Los Angeles County Sheriff's Department, dedicated to keeping you from becoming a victim of violent crime. Each monthly article analyzes one specific method of operation favored by assailants, then suggests preventive measures and self-defense techniques that can be executed by trained martial artists. The types of assault discussed and the recommendations for their prevention (how to

deal with an attack in an elevator, in your car, in your apartment, etc.) are based on actual cases investigated by the L.A. County Sheriff's Dept.

BB extends special thanks to Detective Sergeant Gene Broady, a Sheriff's Dept. veteran of 17 years, most of which have been spent specializing in the investigation of rapes and assaults. Sergeant Broady works out of the Department's Firestone Station, one of the nation's most demanding police precincts.



you are alone or in a deserted area after nightfall." Broady observes that this type of carelessness is usually the result of "overconfidence from familiarity. This robbery occurred less than seven blocks from the victim's home. The possibility of being held up on the familiar street was the last thing on his mind.

"The assailant who enters your car and orders you to drive off will always have a weapon—usually a gun. He will almost always make his entry from the passenger's side," the Sergeant advises. "In the rare case, usually involving a woman driver, where an assailant does poke his head through an open window on the driver's side, just grab his hair and step on the gas.

In the event your door *is* locked and a pedestrian pulls a gun on you, by no means open it. If there are no vehicles in

front of you, just step on the gas. If there are people or other vehicles around, lay on the horn. He'll make it out of there in a hurry and he's not about to shoot."

Once a weapon-wielding assailant has entered your car, you have fewer alternatives, but you do have alternatives. Sgt. Broady warns that "under no circumstances should you try to disarm your assailant en route; it's simply too dangerous. You could try stepping on the accelerator, however, and driving until stopped by a police officer. Another alternative is to crash into some obstacle, even a parked or moving vehicle. Driving to a police station or firehouse is another possibility. Hospitals are also open 24 hours a day; you might find police at the emergency entrances at some of them. Remember, your hope lies in getting someone's attention. Try any means at your disposal to do so."





MOO DUK KWAN EMBLEMS

Officially designed emblems for the Korean styled art. Approximately 3½" diameter. Gold or Silver on Blue.

TE3-S (silver) \$1.50
TE3-G (gold) \$2.00



BLAZER EMBLEM

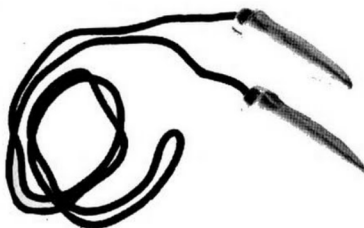
Rich gold characters on black felt for karate fans to be displayed on pocket of blazer jacket. (EB1) \$1.00



KARATE FOCUSER

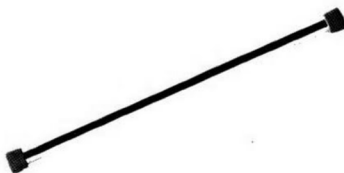
Genuine leather product designed to improve kumite focus by providing a moving target. Sold in pairs only. One size fits all.

KF-12 \$25.95



SKIP ROPES for at home conditioning Professional type (not a toy) with 9/6" Polyethylene Rope. Ball bearing handles allow free turning without wear.

ER87 \$5.40



GYM DOORWAY BARS

New adjustable 40" size for wider than average doorways. Durable, chrome-plated bar safely supports up to 200 lbs. Includes safety locks on ends for non-slip support.

EM91 \$9.40



HAND GRIPS to build grip strength

The best exerciser for development of hands, wrists and forearms. A 'must' for Judo and Aikido practitioners. Extra heavy tension model.

EG62 \$2.15 per pair

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KUNG-FU SWORDS

Practitioners, notice that these are made out of red oak hardwood and will last for years. Due to the shape of the swords, most of the workmanship is done by hand with very little machinery. Also used by many practitioners as wall decorations.

CS-1 (36" long) \$7.85
CS-2 (32½" long, curved) 9.25

KUNG-FU UNIFORMS

(Includes Pants and Tie-Front Jacket Only)

BLEACHED WHITE, REGULAR WEIGHT

CW-1 X-Small (under 5') \$ 8.00
CW-2 Small (avg. 5'2") 9.00
CW-3 Medium (avg. 5'6") 10.00
CW-4 Large (avg. 5'10") 11.00
CW-5 X-Large (over 6') 12.00

BLACK, REGULAR WEIGHT

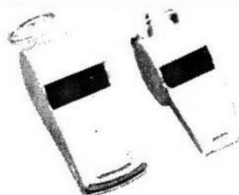
CB-1 X-Small (under 5') \$ 9.00
CB-2 Small (avg. 5'2") 10.00
CB-3 Medium (avg. 5'6") 11.00
CB-4 Large (avg. 5'10") 12.00
CB-5 X-Large (over 6') 13.00



SHOTOKAN DECAL

Shotokan design as originated by Master Funakoshi. Gold and black, 3" in diameter.

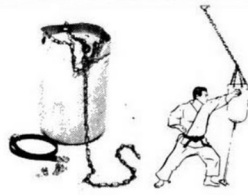
GD6 (2 in a package) \$1.00



REFEREEING WHISTLES

Rigid, all metal, chrome-plated construction. The official type for use in all major tournament play.

RW-1 (large) \$1.25
RW-2 (medium) \$.95

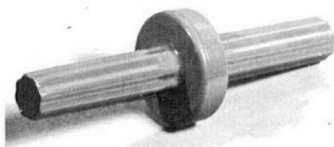


KARATE DUMMY BAGS 'THE MAGNUS'

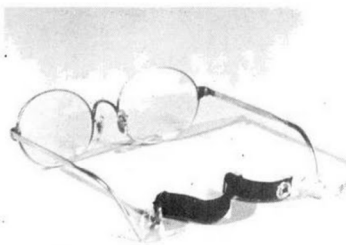
Close-weaved, heavy duct canvas material 10" x 16" construction. Reinforced threading complete with mounting hardware. Bags sold unfilled only. Two types available. (Note: Tie-down rubber straps with KSB-2 model only)

KSB-2 (Top and bottom tie-downs) \$16.20
KSB-1 (Free swinging unit) \$10.95

PLEASE USE HANDY MARTIAL ARTS COUPON ON PAGE 66



WRIST DEVELOPER — A simple...yet effective exercising tool for the practitioner of the martial arts. Highly recommended for Judo and Aikido men to strengthen their grips and wrists. WD-1...\$4.95



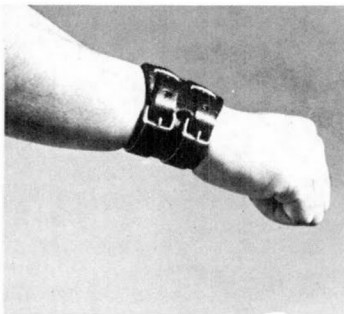
EYE GLASS HOLDER — One size fits all
Now...you can participate in any of the martial arts without the cumbersome handicap of glasses slipping off your nose. Easy to slip on and off temples of glasses. Elastic band can be adjusted to fit anyone.
EGL-1 (Black).....\$1.00 each



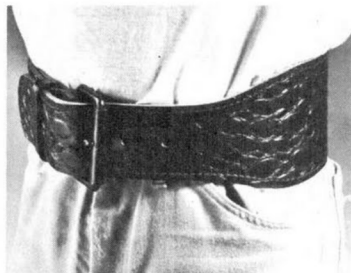
NECK DEVELOPER

In all types of sports, especially the martial arts, neck development is usually lacking. To remedy this problem we are offering two types of head straps. The deluxe model is fashioned out of leather and the economy model is made of heavy-duty cotton duck material. One size fits all.

ND-1 (Deluxe leather).....\$9.95
ND-2 (Black, cotton duck).....4.95



WRIST BRACE, leather
Vinyl finished split cowhide. Double buckle and strap—adjustable one size—gives maximum support to wrist sprains.
E120 (Black only).....\$1.90 each



WEIGHT LIFTING BELT, deluxe type
Heavy duty leather belt gives back and abdominal support. Prevents injuries, plus offers a handsome appearance. 4 inches wide — 1/4 inch thick. Heavy roller nose buckle. Comes in black only. Adult sizes only: Small 28-32, Medium 34-36, Large 40-42 inches. *Please indicate size when ordering.
BWL*.....\$19.95

WATCH THIS SPACE

FOR
MORE NEW STOCK
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TRAINING ROOM SUPPLIES (No Dojo should be without)

FIRST AID OINTMENT An 'Artificial Scab', antiseptic dressing for abrasions ('Strawberries'). Contains new pain relieving agent. This smooth flowing cream seals out infections, and gives instant and prolonged relief to burns, boils, chafed areas, blisters and insect bites.

TP-1 (4 oz. jar).....\$1.85 each

FUNGEX A highly effective fungicide, designed especially for Athletic Fungus Conditions, such as 'Athlete's Foot', 'Jock' or 'Gym' itch, and similar fungus infections. A popular 8-1 Footbath Solution.

TP-2 (4 oz. bottle).....\$1.75 each

JET BALM (With Lanolin) A massaging analgesic for general leg and arm warm up on cold days. Relieves 'Charley Horses', muscular aches, 'Shin Splints' and deep seated pains.

TP-3 (4 oz. jar).....\$1.75

NAGOL A triple-threat germicide and antiseptic: Kills bacteria — Reduces pain — Decreases minor superficial bleeding. Aids healing of cuts, skin abrasions or 'strawberries', rashes, infections, and mat burns.

TP-4 (4 oz. bottle).....\$1.60

NO-BLISTR Stops friction and prevents blisters. This scented lanolinized lubricant aids in the prevention of those crippling blisters which are consistent with new students. Good for all year usage.

TP-5 (1 lb. jar).....\$2.20

SKIN TUFFNER The best protection for skin toughening. Provides excellent tacky base under tape, reduces tape and clothing irritations, combats friction and blisters. HELPS BUILD CALLOUSES. Contains benzoin.

TP-6 (12 oz. spray can).....\$2.20

TP-7 (1 pint can).....3.35

SALT AND DEXTROSE TABLETS (Sugar Coated) 7 Gr. Salt; 3 Gr. Dextrose. Highly favored salt tablet of College and Pro Teams. A 'must' for all athletes, especially during the warmer summer climate.

TP-8 (100 tablets).....95c

QUICK ENERGY PAK The first really DELICIOUS QUICK ENERGY TABLET. Lemon flavored. Each tablet contains 30 grains of Dextrose, and 2 times the daily minimum requirement of Vitamin C. A 'Must' for the active martial artist. 15 Tablets to a Roll Pak.

TP-9 (5 rolls per package).....\$1.50

PLEASE USE HANDY MARTIAL ARTS COUPON ON PAGE 66

SOGEN SAKIYAMA : A ZEN KARATEKA'S IMPRESSIONS OF THE ART IN AMERICA

By HAYWARD NISHIOKA



EXHAUSTED, THE YOUNG MAN RAN ON, sheer determination preventing him from falling prey to the hunger-crazed tiger pursuing ever more closely on his heels. Finally, many miles from his village and the nearest farm, he found himself on the edge of a cliff with no place to turn. Taking hold of a vine, he lowered himself over the cliff's edge. Looking up, he saw the tiger snarling menacingly down at him. Looking down, he saw a second tiger awaiting his descent. At that very moment, two mice, one white and one black, began gnawing at the vine to which he clung. Glancing to his side, the man saw a wild strawberry growing, which he plucked and ate. How sweet it tasted!

This parable, delivered by Buddha at one of his sutra readings, illustrates the central theme in the Zen view of life. How would most of us perform in such a dilemma? Would we be able to accept our fate so readily and make the most of our waning moments?

Zen priest and karate black belt Sogen Sakiyama, who visited the U.S. last summer on a religious trip, uses this story to illustrate the powers of single-minded concentration possessed by the Zen practitioners. It is Sakiyama's belief that,



FULFILLING the dual roles of Zen priest and karate practitioner is no problem for Sogen Sakiyama at home in Japan, where he leads a class of Zen initiates in meditation, above. Americans, according to Sakiyama, are too concerned with the 'why' and 'how' to fully appreciate karate's synthesize aspect.

properly understood, this concentration can be channeled into both more effective living and more effective karate. "From a psychological point of view, the practice of Zen enables one to concentrate on whatever he is doing. If he is eating, he only eats. If he is fishing, he only fishes. If he is relaxing, he only relaxes. He never concentrates on more than one thing at a time. Consider the amount of energy most people waste in worrying about other things while they are eating. It is the same kind of waste when a person practicing karate spends time thinking about resting. For maximum economy of purpose, it is necessary to concentrate on only one thing at a time."

Originally from Okinawa, the 49-year-old Sakiyama enjoys the rigors of practicing the karate style of his native country. After moving to Japan to study Zen in Kyushu, the surprisingly affable and outgoing priest continued his studies for two years in Kyoto, seven years in Shizuoka and seven years in Kamakura.

In addition to its economy of purpose, Sogen Sakiyama maintains that Zen offers definite physical benefits to the karateka. He points out that clinical tests performed on Zen practitioners have proved their heart rates and various other parameters of conditioning to be far above normal. When electrodes were attached to the heads of Zen priests, it was discovered that their brain waves registered the basal metabolic rate—that is, the minimum amount of energy necessary to sustain life.

"To attain this condition," Sakiyama explains, "it is impossible to concentrate on more than one thing. The trance-like state is difficult to explain. Like karate, the only way to really understand Zen is to *do it*. Basically, though, it involves a calming and a cleansing of the spirit and the body.

"Perhaps the difficulty most Westerners experience in trying to understand Zen is due to a difference in philosophical starting points. In the East, we are told to do something, then to discover what it is that we have done. In the West, it's the reverse; it's find out if it can be done, then do it!"

Sakiyama finds evidence to support this hypothesis in his observations of American karateka, whose most frequent question often seems to be, "What would you do if I tried this or that move?" This insistence on the why and how is alien to the Zen theory of how we really learn.

Attired in his priest's robe, Sakiyama decided to look in on karate dojo in Los Angeles recently. He was quickly drawn into a conversation involving Zen and karate. "As soon as I mentioned my black belt in Okinawan karate," Sogen relates, "they began asking me to do things. One fellow told me how many boards he could break and how strong he was—challenging me, in effect. I declined and made a hasty exit as politely as possible.

"The emphasis Americans seem to place on fighting and breaking boards and comparing styles is distressing. The Zen approach to karate tries to remain true to the principles espoused by Dharma, the first Zen patriarch of China and the first Zen karate practitioner. For us, breaking boards and bones and being tough guys are irrelevant. Dharma's reasons for studying karate were that (a) it builds strong bodies; (b) it builds will power and (c) the beauty and grace of doing karate are joyful. It seems to me that these are more positive values by which karate can assist in the improvement of mankind."

The word that keeps recurring when Sakiyama discusses his religion is *narikiru*—the ability to immerse oneself totally in the affairs of the moment, in whatever business is at hand. The perfection of this ability permits the Zen master to apply the same will power to sitting down and thinking of nothing as to engaging in an exerting physical activity like karate. It takes a much greater effort to sit motionless and force oneself to think of nothing. Try it!

The most important thing for the beginning student of Zen to learn, according to Sakiyama, is breathing. "Zen shares this emphasis with the followers of Yoga, except that whereas Yoga is practiced mainly for reasons of health, Zen is concerned with health as a channel to better understanding of one's self and one's relation to Nature and the Universe.

"The goal of Zen breathing is to breathe naturally. We control our breathing by exhaling slowly to the count of ten, then inhaling with the same count and bringing the air down into the lungs as if to pull it down to two inches below the navel. We believe that incorrect breathing leads to incorrect behavior. If you go out of order, you can't expect your techniques to remain in order."

Obviously, the mastery of Zen concentration and economy of purpose is no overnight process. Sogen says the time necessary for achieving understanding varies, but that most initiates can become proficient in three years, providing they are prepared to practice for an hour twice daily during those three years. Sakiyama observes that "By this time, your character will also have changed. You will have a new perspective on winning and losing. You will realize that fair play is the only thing that is ultimately important. At the same time, you will come to appreciate karate for what it really is—a powerful agent for improving one's character and, by extension, for improving humanity."





By Dr. R. B. JACK

PHYSICAL FITNESS

What is physical fitness? For most athletes, being "fit" means being able to perform their particular sport well. However, were a karateka or a judoka, for instance, to try long distance running, speed swimming or gymnastics, he would find that he tires easily and is not really so "fit" after all.

There are five characteristics of action: strength, speed, coordination, skill and endurance. An athlete may develop a high degree of performance in any one of these areas, but at the same time he may not be fit in the general sense. Even development in all these areas constitutes true physical fitness, and in order to achieve this one must function efficiently in all body systems.

These body systems are as follows: (1) musculo-skeletal system, the bony framework of the body and the muscles attached to it; (2) cardio-vascular system, the heart and the blood vessels which pump blood and circulate it throughout the body; (3) respiratory system, the lungs and airways which permit oxygen to enter the body and carbon dioxide to leave it; (4) digestive system, the bowels and the organs which take food into the body and digest it into forms the body can use; (5) nervous system, the brain, spinal cord, and nerves which supply the stimulus for the body to function.

Any muscle or muscle group—the arm, for instance—will perform continuously if there is a constant energy supply and adequate removal of wastes. Tiring results from the depletion of the energy supply and the build up of lactic acid, which clogs the muscle and causes it to swell. (This gives the familiar "pumped up" appearance to muscles of body builders). Tiring occurs in even the most fit athlete, since his demands for energy and the waste built up will eventually exceed the ability of his body systems to handle them. When energy is totally depleted and wastes fully clog up the muscle, exhaustion occurs and the muscle will not function at all.

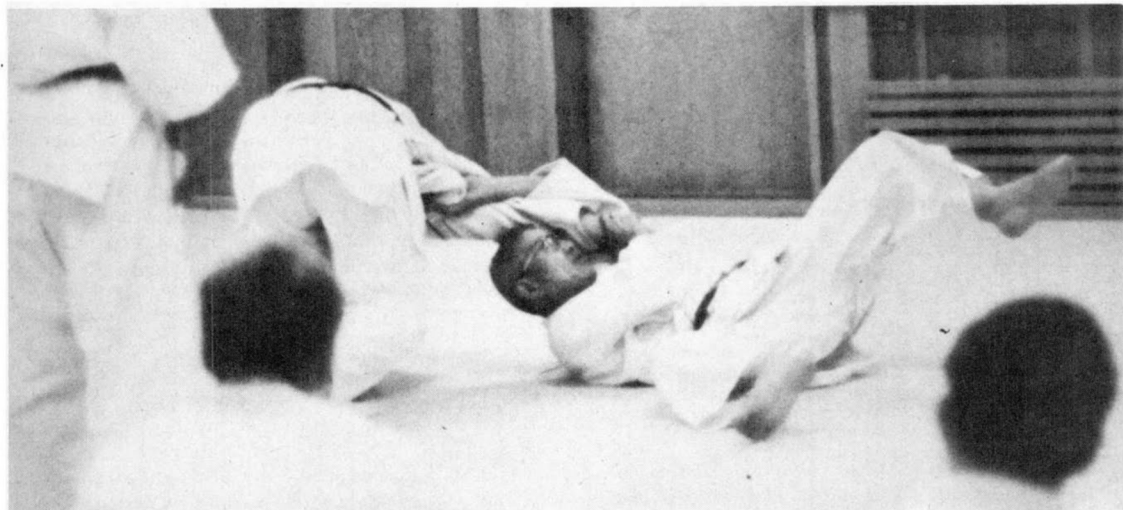
Thus, the functions of the cardio-vascular and the respiratory systems are of primary importance to an athlete's performance. If these two systems work efficiently, energy-producing glucose and oxygen are carried to the muscles and lactic wastes are removed. No one system, however, can operate independently; each needs the support of the others to function, interacting to produce efficient performance in all of the five characteristics of action.

So, to train for fitness, one must train to improve all the body systems, including proper diet for the digestive system, endurance exercises for the cardio-vascular system, breathing exercises for the respiratory system, and strengthening exercises for the musculo-skeletal system. Any particular characteristic of action may be secondarily developed according to the particular demands of the individual's sport. The super athlete is one with good fitness levels of body systems and good performance in all five characteristics of action.

Goichi Ebi, Japan's master of mat work, shares some thoughts on...

DEFECTS IN JUDO TRAINING

by Hayward Nishioka



GOD OF MATWORK, as Ebi sensei is known to his students, shows a class how to turn a sacrifice move into an arm bar.

THERE ARE VERY FEW judoka who would be willing to devote eight years of time and training to the art before they could expect a promotion in ranking. It would take a man with a dedication to the art to be able to endure such rigors without any reward for his perseverance. Such a man is Goichi Ebi, known to his students in Japan as "Newaza-no Kamisama", "God of Mat Work."

Goichi Ebi was born in Kyoto at about the time when the war between Russia and Japan was being mediated by Theodore Roosevelt (1905). Fifteen years later, he started his career in judo at the Budokuden (the Kodokan of Southern Japan). Beginning in kendo, he soon switched to judo and by the time he was 17 years old, Ebi sensei already held a black belt—a remarkable achievement for any teenager.

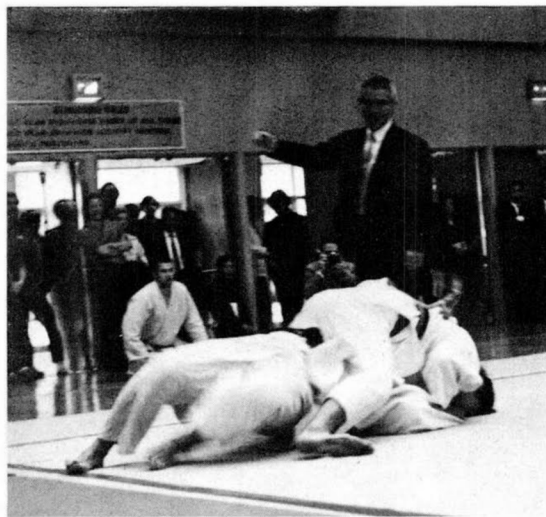
Strangely enough, recognition did not come to him until after an injury had disabled him for a few months. Unable to practice his standing techniques, he turned to mat techniques. He was so fascinated by matwork tactics that he continued to study and perfect them even after his injury had healed. Before long, fellow judoka began to notice his uncanny abilities on the mat.

A favorite story among his students tells of a tournament in



Photos by Ron Watson

RADIATING judo good will to everyone he meets, the 65-year-old sensei is a model of relaxed composure.



A LIFE-LONG DEDICATION to judo includes duties as a referee (at the 1970 AAU Nationals) as well as teaching. Ebi says Americans would have better success if they did more matwork.

which Ebi's opponent came in for a shoulder throw that seemed to be successful. When the referee called "Ippon", Ebi sensei stood up, but his opponent did not. The referee looked perplexed but refused to reverse his decision. His opponent took a little nap right there on the mat. When he finally woke up, he learned that Ebi had choked him unconscious before the throw! At his next tournament, instead of choking his opponent, Ebi sensei caught him with an arm bar as he attempted a shoulder throw. This time there was no doubt about who had won.

Upon graduation from the Budokuden, Ebi sensei was invited to stay on and become a full-time teacher. Then World War II came along and he served his country as a self-defense instructor in the Japanese army. Ebi sensei gave the military a very difficult time in one way because, although he was only 5'6" tall, he was very hard to tailor. His neck measures 17 inches and his chest 50 inches.

After the war, Ebi went back to Kyoto and taught judo to the Kyoto police department. He was also responsible for establishing the judo club at Tenri University and High School where, through his efforts, Matsumoto Yasuichi became head instructor. Matsumoto eventually became the coach of the Japanese Olympic judo team.

Presently, Ebi heads his own school at Doshisha University in Kyoto. At the age of 65, "The God of Matwork" is relaxed and very highly respected.

During his stay in the U.S., I spoke with Ebi regarding this country's second-rate status in international judo and solicited his advice on how we might improve. The one impression of American life that seemed to have registered most deeply with him was "the Americans' emphasis on having as much fun as possible." Ebi saw this tendency reflected in our sports as in our other pastimes. "American judoka look for the fun of doing judo, an attitude that is fine in its rightful place. But for competition it's also important to suffer and to strive for improvement. Judo, besides being a sport, is a way to learn about oneself and one's capabilities and limitations.

"The two or three practices a week that seems to be the rule in most American judo clubs simply isn't enough to produce first-class judo players. Japanese students practice six days a week, twice a day, and on the seventh day, they don't rest; they have a tournament. Their training sessions include at least a half hour of running in the morning and two hours of hard practice every afternoon."

When the subject turns to *newaza* (matwork), Ebi's smile broadens and his thoughts come hurriedly. He feels American judoka are really missing the boat by not concentrating more on mat techniques. "Your competitors so often have the edge in size and strength, but fail to capitalize on it because of their ineffective use of total body strength on the mat. The only way to acquire this is to practice so much that your body moves without your having to tell it to."

Ebi points to American wrestlers as a group of athletes who are strong enough and have the endurance to make potentially top judomen. "When they are on the mat, wrestlers move like judomen, using their total body movement and not just misdirected strength. Of course, it would take them a while to get used to the cumbersome judogi and to judo's throws, chokes and arm bars, but they have the advantage of already appreciating the importance of total body strength, not just arm or leg strength." Ebi recalled the '64 Olympics, in which ex-wrestler Anton Geesink pinned the Japanese champion for the gold medal.

"Even in Japan," Ebi says, "there is less mat work today than back in the Thirties. I remember people like Kimura Masahiko, who is now a professional wrestler, and Abe Kenshiro, now teaching in Europe, competing in tournaments devoted purely to matwork. If I remember correctly, there were a lot more *sukashi* (counter-attack) techniques being done at that time too."

Ebi, whose students spend half their training time on matwork and half on standing techniques, divides *newaza* into three parts: *osaekomi* (hold-down) techniques, *gyaku* (arm bars), and *shime-waza* (chokes). Chokes and arm bars, which Ebi considers the most efficient ways for overcoming an opponent, are emphasized in his practice sessions. Hold-downs are dealt with as a training technique, to be mastered as a basis for more advanced mat work the same as *uchikomi* (isotonic exercises) are used to introduce standing techniques.

When a hold-down is necessary, Ebi prefers *kuzure kesa gatame*, the modified scarf-hold. His prescription for arm bars and chokes is to "Use them in combinations, so that if one technique doesn't work, the other will. The good thing about chokes and arm bars is that, if you are good with them, you can handle any size competitor.

"In matwork, strength is secondary," says the affable sensei. "Speed is primary. The competitor who can move his body most quickly and economically will almost always win out. This is usually the smaller person's strength. Of course, there's nothing wrong with a larger person relying more on his strength, either. It's all a matter of who does what first and best."

It is interesting to note that, consistent with Ebi sensei's approach, there has been an increase in the amount of matwork being used in international competition since the '64 Olympics. Over 15 percent of the matches at the last World Championship were won on mat technique. It is definitely an area destined to see great innovation and improvement during the next few years.



BUDO BREEZE

By C. Morgan

★ ★ ★

Bruce Lee will be filming an episode of the new fall television series "Longstreet", written and created by Stirling Silliphant and starring James Franciscus. Franciscus plays a blind insurance investigator whom Bruce teaches self-defense. There will be lots of jeet kune do, so don't miss this chance to see Bruce in action.

★ ★ ★

Did you know that the yo-yo is actually a 400-year-old Filipino jungle-fighting weapon? The Filipinos used four-pound yo-yos with 20-foot long cords as a combat weapon during the 16th century.

★ ★ ★

Judo questions: Why didn't the AAU Women's Judo Committee appropriate funds to bring Miss Keiko Fukuda of Mills College (she is a fifth-degree black belt and the highest ranked woman in the U.S.) to the recent AAU National Judo Championships in St. Louis? Just who was responsible for choosing the coach and manager for the U.S. Olympic Judo Team, and why wasn't Ben Campbell, the favorite candidate among the players themselves, chosen? Who's running collegiate (NCJA) judo these days? Yoshi Uchida from San Jose St. College, which has the best judo team in the nation, almost got ailed out.

★ ★ ★

According to Ohara Publications, Inc., Leo Fong's *Sil Lum Kung-Fu* is selling like hot cakes. Several more kung-fu books are in the planning stage, including one on choy lay fut and wing chun.

★ ★ ★

Kick-boxing has been picking up steam since it was first introduced at the Chuck Norris-Lee Faulkner Pro Am in Long Beach, California last year. Aaron Banks tried kick-boxing in New York, and Sam Allred in Albuquerque and Leo Fong in Northern California are planning to. As a matter of fact, 30 Thai and Japanese champion kick-boxers will be coming to this country for a series of matches. Americans Victor Moore and Raymond Edler will participate.

★ ★ ★

Jerome Mackey of Judo, Inc. in New York, one of the biggest commercial martial arts enterprises in the U.S., is promoting a new art called "Makedo 1,000". This wonder-art supposedly combines 1,000 techniques from judo, karate, kung-fu, aikido, ninjitsu, savate and yubi waza. What will they think of next?

★ ★ ★



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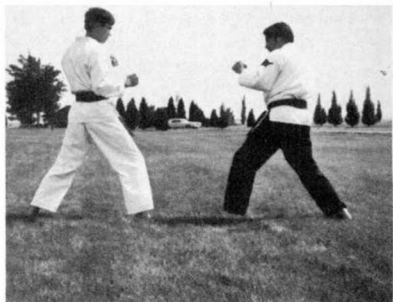
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KARATE TECHNIQUES

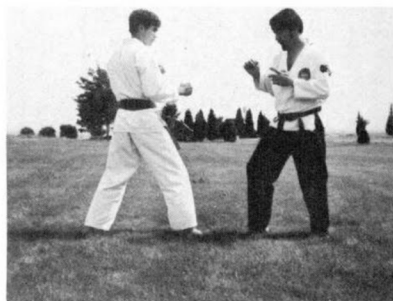
BY JIM HAWKES

Here are a few of the innovative techniques which gained Jim Hawkes the reputation of being a dreaded opponent during his tournament days. Hawkes is now a highly respected sensei, sharing his extraordinary skill and experience with his students. When Hawkes puts in an occasional appearance in the ring, he proves he can still hold his own against today's younger tournament stars.

From the ready stance, Jim Hawkes, at right, attacks opponent Rob Watson with a stinging right front snap kick to the groin. Snapping his leg back, Hawkes readies to deliver a second kick. The combination is completed with a high round kick to opponent's face. This two-kick combination takes only a few seconds to complete.



Hawkes is reluctant to use the following technique unless his opponent has made the mistake of hitting him first. Moving in, Hawkes quickly closes the gap, jamming opponent's hands and placing his right leg behind him. Grabbing opponent's right sleeve, Hawkes fires off a right hook to the face. Note that Hawkes keeps his head tilted to the left, away from a possible counter punch.



Skipping forward, Hawkes fakes a face-punch attack, keeping his right knee up to guard against a counter kick. Then he drops his right leg behind opponent's right knee, while grabbing the left gi lapel close to the shoulder. Spinning counterclockwise, he pushes opponent back with his right arm, at the same time kicking back the right leg and throwing opponent with power from his hips. Hawkes follows him down, slamming his right fist to opponent's chest and bringing up his left for a finishing face punch.



From ready position, Hawkes lunges forward and fakes a back-fist attack to opponent's face. As he blocks, Hawkes starts spinning counterclockwise on his right leg. Bringing left leg behind opponent, Hawkes strikes with a hammer fist to the groin, sweeping opponent's arm with his left hand at the same time. Bringing right leg behind opponent's left knee, Hawkes starts the throw by striking opponent's chest with his right arm. Opponent is off balance as Hawkes kicks forward with his right leg, while striking backward with the right arm in a scissor-like movement.







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THE LEGACY OF THE DOJO

More A Temple Than A Gym, The Dojo Is
The Martial Artist's Sanctuary
For Training, Meditation and Self-Realization.

BY DAVID KRIEGER

A DOJO IS THE PLACE where one trains in karate. Essentially, it only needs to be a room which has a smooth floor. The value of a dojo is reflected in the spirit of its students and their instructor, not in the elaborateness of its fixtures. If the sensei, by his own example, encourages hard training and enthusiasm, it will be reflected in the excellence of his students. If, on the other hand, the sensei accepts anything less than the full development of each student's potential, the quality of their performance will suffer. The student, however, retains the ultimate responsibility for his own progress in karate.

When the student first enters the dojo he bows. This is a ritual in which the student shows his respect for the dojo and humbles himself in a spirit of emptiness and openness. After he has changed into his karate-gi, the student should voluntarily clean the dojo if needed. Then he should begin to limber up or practice techniques until it is time for the lesson.

The training session begins with the students sitting in the formal Japanese posture, aligned in neat rows with the higher ranking students in front. The sensei sits alone at the very front. First, everyone meditates silently, emptying their minds to permit total concentration on the training. Then the instructor and students bow together, and the lesson begins. The first exercises are calisthenics to limber, stretch and strengthen all body muscles. After this, beginners spend most of their time learning basic techniques, while the advanced students practice kata and kumite sparring.

From the outset, the student must concentrate if he is to get the most from his training. When blocking, thrusting or kicking, for example, he should think only of this action. If he allows his mind to wander, his attention will be divided and the value of his training will be decreased accordingly. If he focuses his concentration on the training, he will find that even strenuous workouts leave him refreshed and revitalized. This is the power of mind-body harmony, and it can only be achieved through a conscious effort.

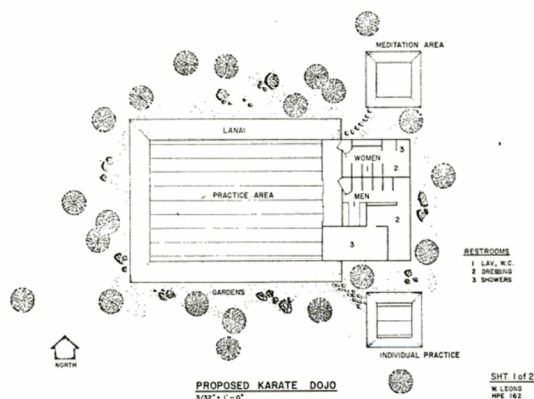
Training should be filled with kiai or shouts of spirit whose explosive energy comes from deep within the abdomen. The kiai accompanies an intense focus of concentration and is generally performed at every tenth repetition of an exercise.

At the end of practice, the students once again meditate and then exchange bows with each other and their sensei.

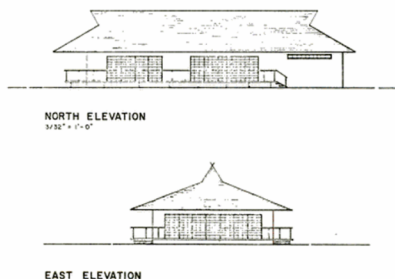
Every effort should be made to make training as safe as possible. From time to time sprains and bruises are bound to occur, but dojo injuries can be minimized if the student will follow these five simple rules:

1. **Pay attention in the dojo.** If you are distracted, you cannot

pay proper attention to the sensei's instructions; you may block downward when you should be blocking upward and find a fist in your jaw as a result. By paying attention you both avoid mistakes which could cause injuries and you pick up pointers which could improve your technique.



FLOOR PLANS for a modern dojo. Note the self-contained meditation and individual practice areas. The 99 percent of all martial artists who have to be content with much less luxurious training quarters can content themselves with the realization that it is the quality of what goes on inside that counts.



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2. No horseplay in the dojo. The dojo is not a playground, and potentially dangerous techniques should not be used for games. Beginning students should not attempt to spar without supervision.

3. Fingernails and toenails must be trimmed. This is to avoid accidentally scratching a training partner. (It is also impossible to form a fist properly with untrimmed fingernails.)

4. Remove all jewelry in the dojo. It is not unusual for rings, or bracelets or necklaces to get caught in a uniform and lead to unnecessary injury to yourself or your training partner. Also, if contact could occur accidentally in thrusting, injury could be more serious if you were wearing a ring at the time.

5. Do not chew gum during training. A fast or unexpected movement can too easily cause swallowing or choking from gum.

Many students will stop training as their initial enthusiasm wanes when faced with the hard work, so patience is required to gain skill and effectiveness. At times when everyone feels discouraged and may think of quitting, the strongest motivation for continuing comes from the realization of what karate can offer—the achievement of control over one's mind and body, and consequently, the fullest development of one's potentialities.

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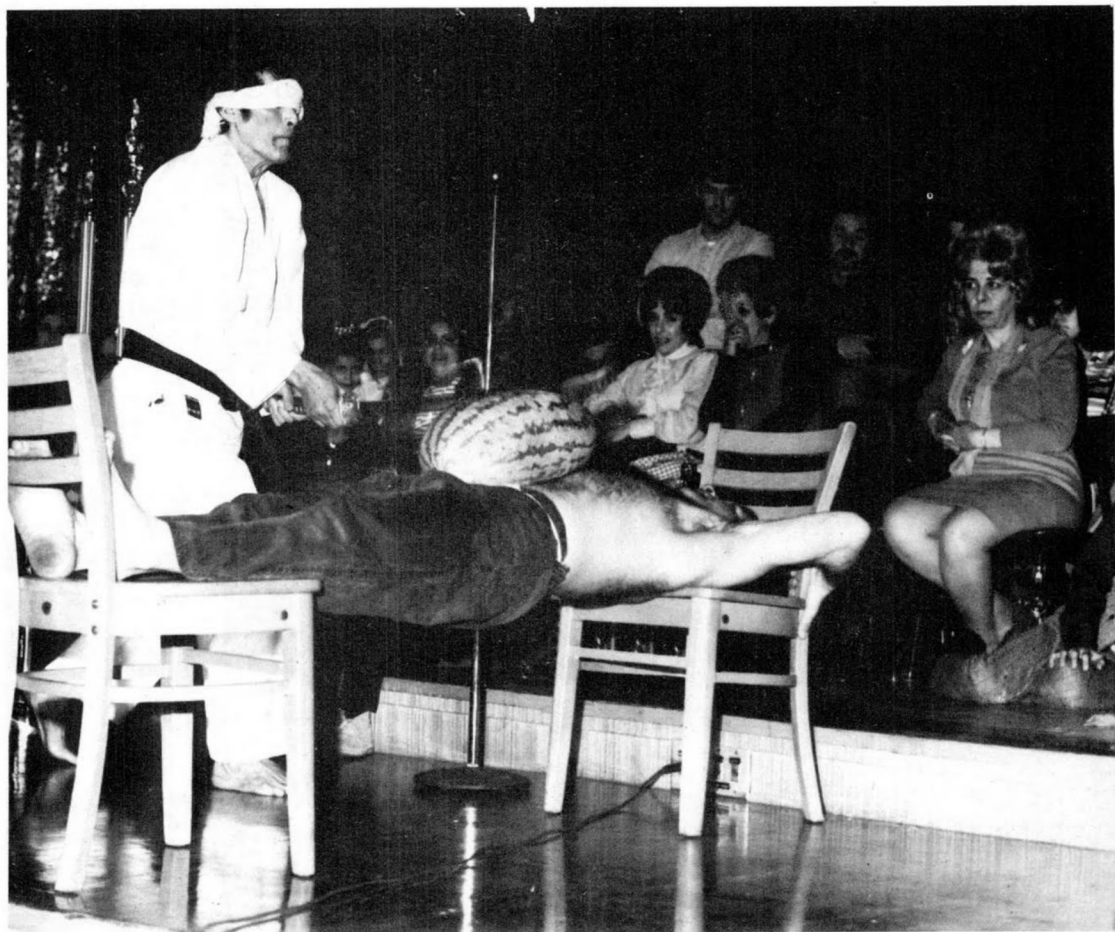
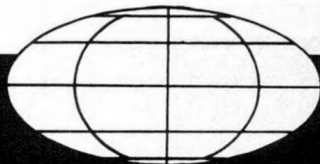
Black Belt Hall of Fame Awards

*The Top Ten
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The Top Ten Judomen in the U.S.

*Gung Fu--Dragon, Snake, Leopard,
Tiger and Crane All In One*

World Wide Tourneys



GRIMACING SPECTATORS look on apprehensively as blindfolded Tadashi Yamashita bisects watermelon without carving chest of Nick Cerio, tourney director of the '71 Kenpo Championships held recently in Rhode Island.

YAMASHITA DEMONSTRATES AT KENPO KARATE MEET

By Bill Gregory

WARWICK, Rhode Island—Rocky Point Palladium was the setting for the 1971 Kenpo Karate Championship Tournament presented by Cerio's Academy of the Martial Arts. Schools of various styles from all over New England, Canada and the Midwest attended this sell-out event.

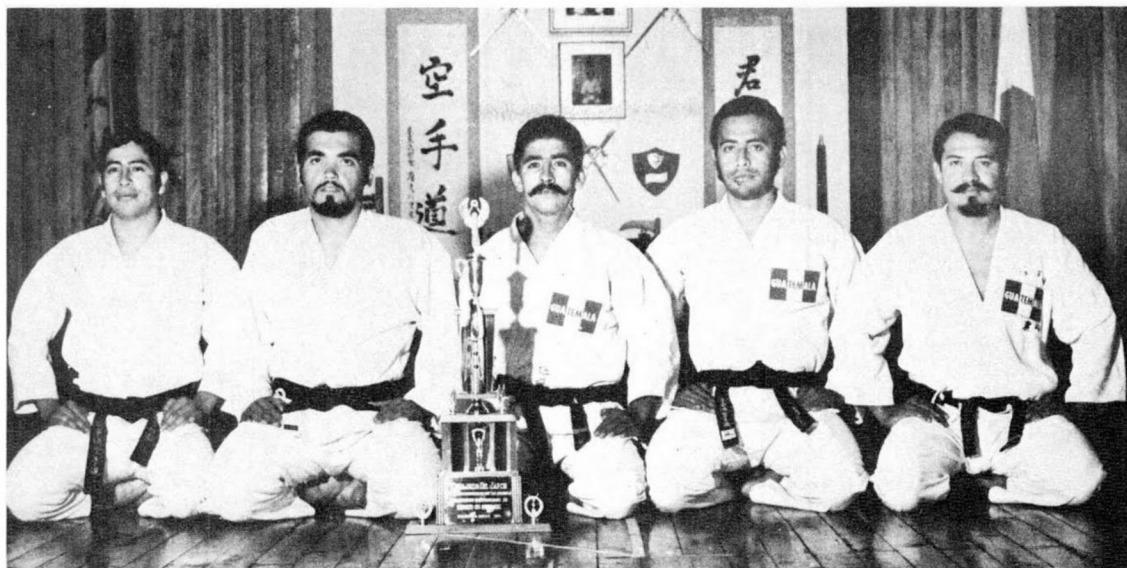
Special guests and chief officials were Tadashi Yamashita, Okinawan weapons expert and chief instructor of the American Karate Association; and Ernest Lieb, president of the AKA. Between the matches Ernest Lieb performed techniques of control as well as board breaking. As a finale, he used his foot to break through six inches of cement slab.

Sensei Yamashita received two outstanding ovations, one for his kata using two nunchaku and another for his famous blindfolded watermelon cut with a samurai sword. Tourney director Nick Cerio volunteered to have the watermelon placed on his stomach.

Winners of this tournament include the following:

Kumite BLACK BELT: Bob Doyle, 1st; Frank Dow, 2nd; Dennis Passaretti, 3rd. **BROWN BELT:** Joe Williams, Earl Murphy, Donald Rana. **GREEN BELT:** Scott Hendrick, Peter Daigle, Mike Kent. **WHITE BELT:** Gerald Kowalski, Craig James, Albie Vieira. **JUNIORS:** Gary De Giso, John Yamashunas, John Tomi. **PEEWEE:** Larry Silvershus, Steve De Giso, Steve Pasakarnis. **WOMEN:** Patricia Casey, Loren Baker, Judy Corbin.

Kata BLACK BELT: Butch Grinnell, 1st; Frank Dow, 2nd; Frank Cerio, 3rd. **BROWN BELT:** Martin Agrella, Earl Murphy, John St. Pierre. **GREEN BELT:** Paul Zona, Victor De Jesus, Mike De Giso.



NORTHWEST COLLEGIATE KARATEKA HOLD FIRST TOURNAMENT

By Mack Shively and Tex Cates

PULLMAN, Washington—The first annual Northwest College Karate Tournament, hosted by Washington State University, brought together the finest collegiate karate talent in the Northwest. The six competing teams included Edmonds Community College (coached by Julius Thiry and Minobu Miki), University of Washington (Bill Teuter), Yakima Valley College (Morris Mack), Fort Steilacoom Community College (Steve Armstrong), University of Oregon (Bob Graves), Eastern Washington State College and Washington State University (Teruo Chinen).

The schools were divided into five-man under-black-belt teams for both kumite and kata competition. Under the direction of head referee Teruo Chinen, kumite team victories were determined by the number of winning fighters, not on total points scored. Disqualification of any one team member meant a victory for the opposing team.

A determined Edmonds Community college fought their way to third place in the kumite team eliminations, leaving the University of Washington and Washington State University to fight it out for first place.

In the first match UW's Bob Kodoama won over WSU's Jack Staudacher, 1-0. Next, Mack Shively from WSU took an overtime victory from Zack Thomas. WSU took a second victory when Steve Mitchell defeated Greg Hood in a double overtime. At that point the tally read WSU 2, UW 1, and the match between 120-pound Jay Takaaze from WSU and UW's 190-pound Wayne Perry proved to be the deciding one. At the end of two minutes the score was tied one each, leading to a sensational overtime. Then the smaller Takaaze scored and WSU was over the hump. Now that WSU's win was established, the last match seemed anticlimactic. Nevertheless, UW's Roger Bennett took the win from Dean Reynolds and gave UW an extra point. Final score: WSU 3, UW 2.

The black belts fought for individual honors and the prize went to Jim Henderson. Henderson first met and defeated Bob Hayne of Spokane 1-0. Henderson next fought Bruce McDavis of Spokane, who had just beaten Ed Sumner of Walla Walla, Washington in an overtime match 1-0. McDavis carried himself well in his first black belt tournament, but lacked aggression and lost the match to Henderson in an overtime, 1-0.

Henderson's last match was against Brent Hartwick of Seattle, who had beaten the formidable Minobu Miki in his previous match. This was one of the outstanding matches of the tournament, and Henderson took control from the beginning, scoring the winning point in the overtime.

The final results of the tournament are as follows:

TEAM KATA: Edmonds Community College, 1st; Washington State University, 2nd. **TEAM KUMITE:** Washington State University, University of Washington, Edmonds Community College. **BLACK BELT KATA:** Minobu Miki, James Henderson. **BLACK BELT KUMITE:** James Henderson, Brent Hartwick, Bruce McDavis.

STEALING THE SHOW at the recent Pan American Shito-Kai Karate-Do Tournament was the impressively mustachioed Guatemalan contingent. Salvador de la Cerda, 2nd from left, took championship.

PAN AMERICAN TOURNEY HIGHLIGHTS SHITO-RYU KARATE

GUATEMALA—The recent Pan American Shito-Kai Karate-Do Tournament not only drew outstanding competition from Mexico, Honduras, Costa Rica, Venezuela and Guatemala, but also a host of shito-ryu karate dignitaries from various countries who acted as judges and referees.

Fumio Demura, head of shito-ryu in Southern California, provided an exciting performance of technique against black belts Guido Orozco and Oscar de Leon.

In the black belt division Guatemala reigned supreme as all three places were awarded to entrants from this country: Jose Salvador de la Cerda, 1st; Francisco Jose Cordon, 2nd; and Julio Garcia, 3rd.

In the brown belt category the trophy went to Mexican Raul Garcia Avila. Roberto Milina Galindo of Guatemala took second, and Costa Rican Marco A. Parilla won third place.

Humberto Sena of Venezuela was champion in the green belt division, with Jorge Umana of Costa Rica taking second, and Daniel Ortega of Venezuela placing third.

In the team matches Guatemala A black belt team defeated the Guatemala B team; The Mexican team forfeited. The Guatemala brown belt team defeated the Costa Rican team. In the green belt category, Guatemala team defeated Venezuela.

WALLACE AGAIN WINS MICHIGAN INVITATIONAL

By Jim Martin

WARREN, Michigan—Following the afternoon eliminations of the third annual Michigan Invitational Karate Championships, Glenn Keeney and George Reynolds faced each other for the lightweight title. Keeney scored the first point with a reverse punch as he ducked under Reynolds' hook kick. When Keeney became over-cautious, Reynolds snuck in a round kick to the head to earn his first point. Toward the end of the match Reynolds attacked with a double front kick combination and the chief referee called a point. After an argument from the rest of the officials, Reynolds was awarded the title.

Bill Wallace, the defending champ, and Parker Sheldon fought it out for the heavyweight honors. Wallace started off with a round kick to the body for the first point, and although Sheldon tried hard, Wallace got in a round kick to the head for his second point and the win.

Now Wallace met Reynolds to defend his title again this year. As the first bout closed, the score was one even. The most points scored in the total three matches would decide the winner. In the second round, they

CONTINUED

World Wide Tourneys



CONTINUED

again tied 1-1. As round three started, Wallace was still letting Reynolds do most the attacking, and the crowd yelled for Wallace to use his famous hook kick. After a clash, Wallace suddenly moved so fast that Reynolds never even had time to attempt to block the hook kick. After Wallace was awarded the championship, he said he had been saving his hook kick until he figured he really needed it!

Black belt winners include the following:

Kumite GRAND CHAMPION: Bill Wallace. **LIGHTWEIGHT:** George Reynolds, 1st; Glenn Keeney, 2nd; Tom Bench, 3rd. **HEAVYWEIGHT:** Bill Wallace, Parker Shelton, Leo Mayer.

Kata FIRST DEGREE: George Reynolds, 1st; Ken Dallas, 2nd; Lynn Behrens, 3rd. **SECOND DEGREE:** Bob Bowles, Tim Williams, James Gillis. **THIRD DEGREE:** Willie Adams, Russ Hanke, Lynn Jackson.

TAE KWON DO VERSUS KEMPO KARATE

By Thimo Pimentel

DOMINICAN REPUBLIC—The eagerly awaited meet between practitioners of Tae Kwon Do and Kempo Karate Do, the two major karate schools in this country, was attended by an enthusiastic crowd who were delighted by the six-hour event.

The hard training of both schools added color to the fights as each side fought ardently to defend their respective schools. The followers of Jhoon Rhee (tae kwon do) swept away the best places in all the different categories. Final tally: 37 points for the Jhoon Rhee Institute of the Dominican Republic; 7 for the Kempo Karate Do Association. Felton Messina from Kempo and Jose Ramon Reyes from Jhoon Rhee acted as judges.

Individual winners of this tournament include the following:

GOLD DIVISION: Leonidas Lopes (JRI), 1st; Francisco Canela

(JRI), 2nd; Luis Dotel (JRI), 3rd. **JUNIOR DIVISION:** Ivan Alvarez (JRI), Juan Bryan (JRI), Jose Rodriguez (JRI). **GREEN DIVISION:** Wilfredo Colon (JRI), Jaime Martinex (JRI), Rafael Medina (KKA). **BLUE DIVISION:** Jorge Salas (JRI), Ernesto Santana (KKA), Socrates Mendoza (JRI).



SETTING THE PACE at inter-school contest in the Dominican Republic was this group from the Jhoon Rhee (tae kwon do) Institute.

POOR REFEREEING AT DKB CHAMPIONSHIPS

By Uwe Fullgrabe

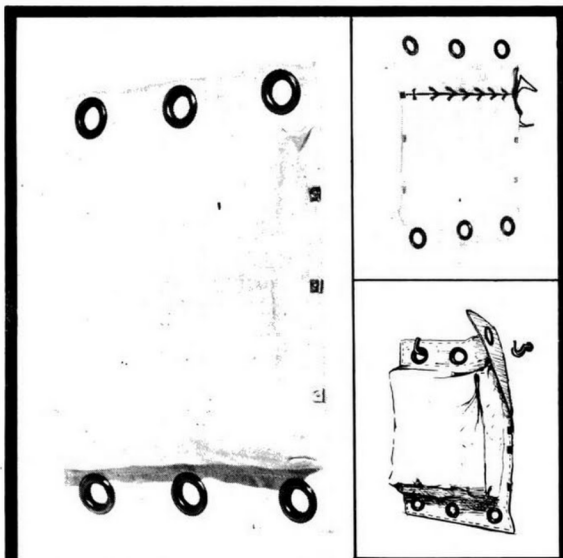
SAARBRUCKEN, Germany—The Deutscher Karate Bund Championships showed that Japanese referees are not necessarily of better quality. Except for Ouchi, all the Japanese referees evidenced a low



SLIPPING IN to register a half-point at Deutscher Karate Bund Championships is "David" Hinschberger. His much taller foe, "Goliath" Drexler, went on to win the disputed title.

level of competence and were excelled in quality by the German referee Franz Bork.

This poor refereeing was particularly obvious in the semifinal match between "David" Hinschberger and "Goliath" Drexler, who measured a full two heads taller. Hinschberger scored a wazari (half point) with a punch and later received another one when Drexler was penalized. One wazari plus one penalty should have equalled an ippon (full point) for Hinschberger, but the Japanese referees disagreed and continued the



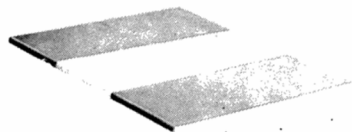
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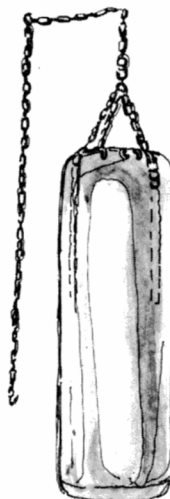
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match into overtime, in which Drexler scored a wazari and was given the match.

In the final match both the tall Hagedorn and the little Millner scored wazari. In the overtime another wazari gave Millner the German championship. Millner also won the kata championship with the enpi form, making him the first player to win the championship in both events.

Kumite: Millner, 1st; Hagedorn, 2nd; Betz, 3rd. Kata: Millner, Nowak, Karfukel. Teams: Konstanz, Freiburg A, Freiburg B.

FRENCH JUDOKA FIGHT FOR NATIONAL CHAMPIONSHIP

By Zarko Modric

PARIS—Only Pierre Albertini, the big light heavyweight from Paris, was able to retain his title at this year's annual French Judo Championships in the spacious Coubertine Hall. Four other 1970 champs lost their titles.

The big crowd cheered them all as they performed fine judo, providing some hopes for the French team in international competition. Middleweight star Jean Paul Coche was missing from the mats this time because of a knee injury sustained earlier at the Open Weight French

Judo Championships. Patrick Clement, considered by many to be one of the best French judomen, was back in competition after a three-year absence from the tatami. However, he failed to regain his title when Guy Auffray bested him in a fine contest. Heavyweight Francois Besson was back in France after a long period of training in Japan. His Kodokan teachers should be satisfied with Besson, who put on a tremendous performance, scoring clean throws in all his matches and taking the championship.

The divisional champions are as follows: Jean Jacques Mounier, lightweight; Christian Desmet, welterweight; Guy Auffray, middleweight; Pierre Albertini, light heavyweight; Francois Besson, heavyweight.

SOVIET JUDOMEN FAIL TO DOMINATE LINZ

By Zarko Modric

LINZ, Austria—Every year before the annual European Judo Championships the best European judomen have their major rehearsal in this small Austrian town. Held just a month before the Championships, this tourney gives judomen a chance to see their opposition on

CONTINUED

World Wide Tourneys



CONTINUED

the mats and coaches a chance to see who needs more practice.

The Soviet judo bosses failed to send their best men to Linz this year, and as a result, the Russians only garnered one crown. The Soviets are reportedly keeping their best men hidden for the European Championships.

The results of this tournament are as follows:

LIGHTWEIGHT: Barraco, France, 1st; Szabo, Hungary, 2nd; Fischer, East Germany and Willner, Switzerland, joint 3rd. **WELTERWEIGHT:** Markoplishwily, **SOVIET UNION:** Jungwirth, Austria; Nataleshwily, Soviet Union and Dipalma, Italy. **LIGHT HEAVYWEIGHT:** Barth, West Germany; Aellig, Austria; Novak, Czechoslovakia and Viller, France. **HEAVYWEIGHT:** Otto, East Germany; Pollak, Austria; Onashwily, Soviet Union and Meier, West Germany.

ARTIS SIMMONS TAKES CLEVELAND TITLE

CLEVELAND, Ohio—The Cleveland Karate Championships, under the direction of James LaRocco and AlGene Caraulia, featured more than 350 competitors and was televised by NBC television network.

In the grand championship match veteran Artis Simmons defeated Willie McFall of Chicago.

Winners include the following:

Kumite: **GRAND CHAMPION:** Artis Simmons. **BLACK BELT HEAVYWEIGHT:** Artis Simmons, 1st; Larry Lunn, 2nd; Mike March 3rd. **LIGHTWEIGHT:** Willie McFall, George Reynolds, Tom Benich. **BROWN BELT:** Jod Tay, Gerard Joseph, Chet Buffington. **GREEN BELT:** Dennis James, Joe Pawlikowski, Dwight Williamson. **WHITE BELT:** Chuck Dunlap, Robert Rutan, Dominick Giordano. **JUNIORS:** Larry Schumacher, Carlos Woda, Danny Mark. **WOMEN:** Kim Fritz, Kathy Stevens, Janet Schoby.

Kata: **BLACK BELT:** Glenn Premru, 1st; George Dillman, 2nd; Pat Commerford, 3rd. **BROWN BELT:** Lisperd Dowdell, James Morrone, Chet Buffington. **GREEN BELT:** Clarence Miller, James Baw, Bob Whabin. **WHITE BELT:** Mark Wilson, Chuck Dunlap, Mike Matzko. **JUNIORS:** Pam Snyder, Hashim Wordlaw, Larry Schumacher. **WOMEN:** Kim Fritz, Ann Fritz, Pat Barbailey.

ACCENT ON YOUTH AT TEXAS TOURNEY

By Teri Gerson

HOUSTON, Texas—The tournament sponsored by Kim Soo Karate, Inc. turned out to be an almost exclusively under-21 affair as many new names and faces filled the competition at Delmar Stadium.

The black belt championship match was fought between Moises Diaz, a Kim Soo student, and Victor Marotta from the Minnesota Karate Center. After a 15-minute bout and a tie score, the referees called a brief time out to let the contestants rest. When the match resumed, Diaz pulled through for first place. The 18-year-old Navyman will have lot to tell his pals when he returns to duty!

Winners in each division include the following:

Kumite BLACK BELT: Moises Diaz, 1st; Victor Marotta, 2nd; Curtis Faust, 3rd. **BROWN BELT:** Cornelius Long, Ernest Smith, Jesse Gomez. **GREEN BELT:** Curtis Dunbar, Glenn Hiatt, Harry Mitchell. **WHITE BELT:** Ted Donnelly, Mike Biglane, Sandy Eubanks. **JUNIORS:** Otis O'Callaghan, Ray Castillo, Steve Strickhausen. **WOMEN:** Reba Horton, Yolanda Davila, Nina Herman.

Hyung BLACK BELT: Ramiro Guzman, 1st; Fred Absher, 2nd; Ralph Jaschke, 3rd. **BROWN BELT:** Rex Kimball, Ray Wathen, Robert Frowe. **GREEN BELT:** Jesse Ramos, Robert Martin, Daniel Smith. **WHITE BELT:** Gilbert Garcia, Ernie Mills, Anthony Taylor. **WOMEN:** Nina Herman, Reba Horton, Debbie Statum.

KARATE BETTER THAN BASEBALL

By Joe Nawrozki

BALTIMORE, Maryland—This city, accustomed to viewing big league sports, got its initial taste of a large karate tournament with the first Pan American Open Karate Championships sponsored by Yong Il Kong's Tae Kwon Do School. From all indications, Baltimore liked what it saw, as summarized by one spectator who said, "Karate is a lot better than watching some pitcher take ten minutes before throwing a curve, and it's a lot more exciting, too."

More than 600 contestants competed for honors at the Towson State College campus. Sylvester Barnes, a rangy black belt from Howard University, won the grand championship by defeating lightweight winner John Worley of the Jhoon Rhee Institute in an emotion-packed sudden-death overtime.

Larry Fitts defeated Robert Pigeon to take first in the junior

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lightweight black belt class; Susan Hart won the women's black belt division; Richard Williams trounced Henry Kiley in the brown belts; Edwin Rodrigues downed Jeff Barnes in the blue belts; and Michael Stinson defeated Leon Gannett in the green belt division.



THEY DID IT! Baltimore got its first taste of big league karate thanks to (from left) Yong Il Kong, tournament director; Phil Cunningham, instructor of Sylvester Barnes, grand champion; John Worley, lightweight champ; and his instructor Jhoon Rhee.

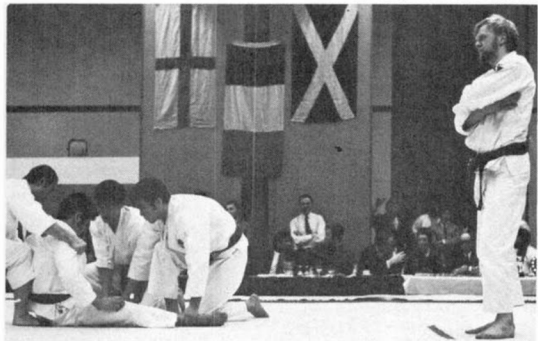
WADO STYLISTS STAGE INTERNATIONAL MEET

By Leslie Drennan

LONDON—Wado-ryu stylists from England, France and Scotland met at the Bloomsbury Centre Hotel for an international karate competition.

England won the team event, but was hard pressed for the victory by

Photo By Leslie Drennan



STANDING IN VICTORY is Jim Hamilton, the Scotsman who won the individuals of England's wado-ryu competition. His downed opponent is Badani of France, a brown-belt who put up a good fight.

a strong but unfortunate Scottish team. Final scoring: England, 9 points; Scotland, 6 points; France, 2 points.

Jim Hamilton of Scotland won the individual competition after a difficult fight with Badani of France. This brown-belt Frenchman took wins from several black belts, including Hamish Adam, the 1970

CONTINUED



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World Wide Tourneys



CONTINUED

European champion, but Hamilton brought him down with a powerful front kick. After some hesitation by the judges as to whether or not Hamilton had shown enough control, they gave him the decision and the title.

FULL DAY OF TAEKWON-DO

DENVER, Colorado—Members of the Colorado and Wyoming branches of United Taekwon-Do Federation recently held their quarterly testing and family tournament under the direction of C.E. "Chuck" Sereff. More than 150 students participated in a smoothly run day of forms, throwing, breaking and sparring.

First and second place winners in each division are as follows:

CHILDREN: Mark Brown, Mike Wootton. WOMEN: Maria Martinez, Ruth Wallace. WHITE BELT: Albert Rose, Mike Purdue. GREEN BELT: George Lopez, C.R. Robe. BLUE BELT: Craig Moul, Richard Price. RED BELT: Dick Page, Ron Wootton.

HAWAIIAN KARATEKA SHOW OFF SKILL

AIEA, Hawaii—The Hawaii Kodan Kan Karate Ass'n, under the direction of Roger Callejo, held its 1971 annual karate tournament in which six other karate schools competed.

The spectators most enjoyed the peewee championship match between Kevin Funakoshi, son of Kenneth Funakoshi, chief instructor of Karate Ass'n of Hawaii, and Stephen Sakamoto, a student of Hawaii Kodan Kan Karate Ass'n. It was a tough battle, but Stephen Sakamoto finally captured the crown.

The results of this tournament are as follows:

PEEWEE: Stephen Sakamoto, Kodan Kan, 1st; Kevin Funakoshi, KAH, 2nd; Jonathan Uyeno, KAH, 3rd; Aaron Kawamoto, Kodan Kan, 4th. CHILDREN: Nathan Kim, Senbu Kan; Oliver Yee, Kodan Kan; Darryl Cooke, Waianae Shiro Taka; Robert Cresanto, Kodan Kan. JUNIORS: Edward Pak Chong, Kodan Kan; Clayton Harada, KAH; Mark Adolpho, KAH; Dunae Inoue, KAH. SENIORS: Anthony Kaneao, Waianae Shiro Taka; James Luzano, Leeward Kenpo; Lazarus Cacho, Waianae Shiro Taka; Raphael Hoseph, Waianae Shiro Taka. BROWN BELTS: Joe Reid, KAH; John Kama, KAH; Al McDougall, Kodan Kan; Mark Druecker, Central "Y".

LONDON HOSTS EUROPEAN CHAMPIONSHIPS

By Leslie Drennan

LONDON—The fourth All-European Karate Federation Championships, predominately a shotokan-style event, drew teams from nine countries to London's Crystal Palace.

Ilya Jorga of Yugoslavia won the individual kumite event after

Photo by Leslie Drennan



YUGOSLAV MISS demonstrates her kata at the All-European karate championships in London. Ilya Jorga, tough Slav competitor took first in the individual kumite event.

beating the unpopular Handel of Germany in an overtime. Handel's unpopularity was due to what the crowd considered unnecessary contact during his matches.

Serja of Italy won the kata event, with second place also going to an Italian competitor. Handel of Germany placed third.

Germany took the team championship by defeating the Yugoslav team, which was somewhat handicapped by the absence of Jorga who could not compete because of an injury sustained in the individuals.

HARD-HITTING CANADIANS UNSETTLE AMERICAN FIGHTERS

By Scott French

NOVATO, California—The fourth annual kyokushinkai challenge between Don Buck's school in Novato and Steve Senne's school in Los Angeles almost caused an international misunderstanding.





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MUTT AND JEFF mix it up at Kyokushinkai meet. This mismatch occurred because the contestants were seeded by drawing names out of a hat. Oddly enough, the little guy won.

This year the tourney was hosted by the Novato team, and a Canadian kyokushinkai team from Vancouver, directed by Ron Sittrop, was invited to participate. The Canadian team, however, expected to use full contact, while neither of the California teams permit this. Director Buck, wishing to be fair, agreed to allow light facial contact. The distinction between light and excessive contact was left up to the judges.

Once the bouts got underway, the Canadians used a flashy, horse-stance style, which included flying kicks and furious lunges. The Los Angeles school used combinations, and the Novato team stuck to strong, basic moves. The Vancouver team received several warnings for heavy facial contact, and there were a few bloody noses, but

sportsmanship ran high. Novato karateka Kees Tunzing took first place from Jim Mohlman in an action-packed match which went into overtime. Rex Kosack, also from Novato, took third place over Los Angeles contender Don Brennan.

During the team championships, the mood changed and the crowd became anti-Canadian, as several of the California men fell to the floor with bloodied noses and bruised eyes as a result of Canadian contact. A chorus of boo's could be heard after every face punch. The Los Angeles team was clearly disadvantaged, not being used to such severe contact, and they lost to Canada 4-1.

When the Canadians faced the Novato team, both contestants fought warily for the first match, with the win going to Novato. The second set started off badly, as Harry Suitella of Canada hit Greg Parkerson below the eye, knocking him out of the ring. Suitella had already received several warnings for excessive contact, and the crowd was clearly against him. When Parkerson stepped back into the ring, Suitella struck him in the face again. The ref started to blow his whistle to stop the match, but Parkerson was already on top of the Canadian, throwing a punch which knocked Suitella unconscious. The crowd roared in approval to give Parkerson the day's longest ovation. The ref, however, disqualified Parkerson on the grounds that he acted after the match had been stopped. The crowd started to boo, and several members of the Canadian team jumped in from the sidelines and headed for Parkerson. The ref took the situation in hand, grabbing the nearest advancing Canadian and heaving him back into the rest of his teammates. Director Buck ordered a cooling-off period and declared that the men would have to follow protocol or leave.

When the team matches resumed, the visibly shaken Novato team lost the match by one point, and several of the individual members lost to Canadian contestants whom they had previously beaten in the individuals. Then Novato faced the badly battered Los Angeles team for second place, winning it 5-0.

After the trophies were awarded, contestants and their wives retired to a party thrown by the Novato hosts, which included a video tape rerun of the day's action. Over good food and drink, the hostilities began to disappear, and all teams gained a better understanding of each other.

SOUTHERN CAL SHOTOKANS VIE

NORTHRIDGE, California—San Fernando Valley State College was the setting for the International Karate Association's sixth annual

CONTINUED

World Wide Tourneys



CONTINUED

All-Star Karate Championships.

Supplementing the karate action was George Domon's demonstration of samurai sword-handling techniques and Takayuki Kubota's exhibition of karate used in conjunction with a police baton.

Competition was divided into a green belts-and-under division and a black belt division. Winners are as follows:

BLACK BELT: George Byrd, 1st; Dave Vaughn, 2nd; Sidney Pedraza, 3rd. **GREEN BELT:** Rodrick Patterson, Dwight Armstrong, Javier Gomez.

FIRST TRINIDAD INTERNATIONAL KARATE CHAMPIONSHIP

By John T. McGee

Reverse punches, roundhouse kicks and other assorted tools of the karateka's art were thrown with great accuracy in the land of the steel band and the bongo drums at the first International Open Karate Tournament in Trinidad, West Indies.

The tournament was the brain-child of Haitian-born, Brooklyn-based, 26-year-old Haudelin Rene who went to Trinidad some months before and decided to hold a tournament in that exotic land after witnessing the enthusiasm for the art there. Rene flew in a group of American martial artists that included George Cofield, Thomas LaPupet, Daniel Pai and Denni De Jan to take part in his tournament.

As part of the pre-tourney publicity, the artists appeared on national T.V. in Trinidad. The tournament itself was held at Queen's Hall before a sell-out crowd. Contestants from the United States, Puerto Rico, Hawaii, Canada, Antigua and the host country competed. The favorite son of karate in Trinidad, 20-year-old Anthony Parris, faced 18-year-old Robert Rene from the Mid-Brooklyn Dojo in New York for the black belt kumite crown. Parris looked especially expert in blocking the whirlwind attack of Rene's punches and kicks. One blow got through to knock Parris down and send him rolling on the floor in agony. Artificial respiration was applied and he was pronounced fit to continue. In the bout extension time, Rene scored with a reverse punch to Parris's chest, and took the championship.



WINNING FORM was by Denni De Jan, a student in New York who flew in to attend Trinidad's first karate tournament.

After the tournament there was an hour of demonstrations by the visiting sensei. The entire event was attended by most of the local big-wigs and ended with a cocktail party where the karateka received many admiring stares from the local citizens.

The next day sensei George Cofield conducted an outdoor karate class, and when it began to rain, the students begged Cofield to continue the seminar despite the downpour, so great was their enthusiasm.

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ITALIAN JUDOMEN SURPRISE FAVORED DUTCH

By Zarko Modric

UTRECHT, Holland—Dutch judomen are among the finest in Europe and their team always places near the top in Europe's international matches. The Italian team, on the other hand, is not very strong and is usually rated somewhere in the middle of the best countries. It was not until last year that Italians started taking titles at some very strong international tournaments.

At this match in Utrecht, Geesink's city, the Italians pulled a big upset on the Dutch. The first round of their ten-man team match went to the Dutch in a close 7-5 score. In the second round the Italians made the Dutch wince, winning 8-3. Total score: 13-10 in favor of Italy.

Dutch coaches are really worried, since they expect their team to shine at the 1971 European and World Championships. The Italians, coached by ex-European champ Nicola Tempesta are ready to make some more news in the forthcoming season.

POLISH JUDO JUNIORS SHINE

By Roman Sacher

KOSZALIN, Poland—Polish judo prospects looked brighter than ever as that nation's junior players performed admirably in recent international competition.

Winners of the Poland-Holland match, won by Poland 4-2, are as follows: P. Kawka (Rybnik), heavyweight; T. Katka (Gdansk), light heavyweight; R. Szafrowicz (Koszalin), middleweight; L. Bruski (Koszalin), lightweight; W. Jodko (Raszow), featherweight.

Young Polish judoka were only slightly less successful at the

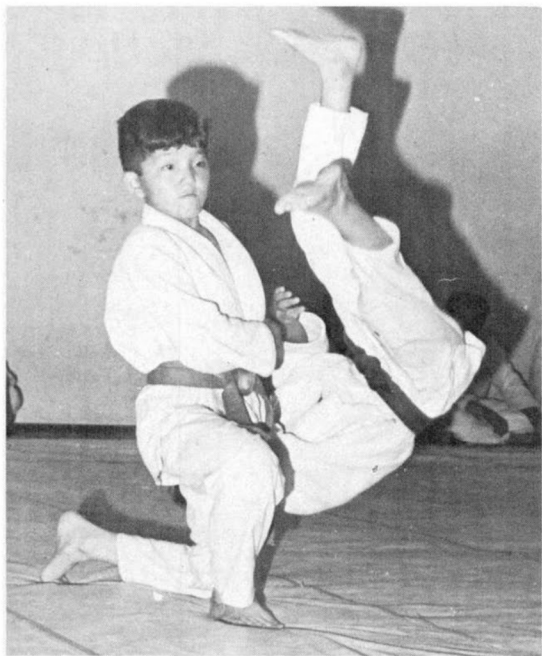
International Youth Judo Tournament in Graz, Austria where they captured four firsts. Results of the Graz tournament:

Kawka of Poland, heavyweight; Figat of Poland, light heavyweight; Szafronowicz of Poland, middleweight; Corsini of Italy, welterweight; Jodko of Poland, lightweight.

DOMINICAN JUNIORS MIX IT UP

By Thimo Pimentel

DOMINICAN REPUBLIC—The Dominican Judo Federation's fifth National Judo Tournament for Youngsters, conducted annually in the month preceding the National Adult Tournament, featured 140 junior



IT'S EASY! Little Chicayoshi Matsunaga effortlessly throws his partner at the Dominican Republic's tourney.

judoka from across the country vying for the National Champ title.

This year's victor in the open division of the tournament was Juan Chalas. Runner-up honors went to Salvador Dajer, and Santiago Cuesta was third.

Individual weight-classes winners are as follows: Julio Cedar Santana, heavyweight; Santiago Cuesta, middleweight; Angel Martinez, welterweight; Rafael Vasquez, lightweight; Chicayoshi Matsunaga, flyweight.

SHORTHANDED ITALIANS STUN YUGOSLAV KARATEKA

By Zarko Modric

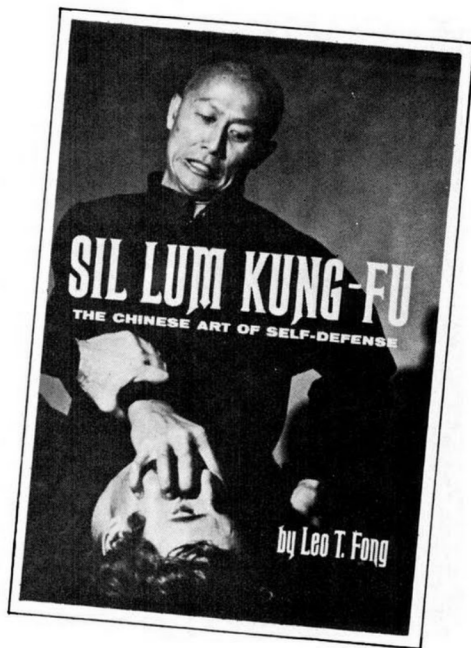
BELGRADE, Yugoslavia—In the absence of its stars Luciano Parisi and Rodolfo Ottogio, the visiting Milano Shotokan Team was considered easy prey for the Yugoslav Shotokan Team. Thus it came as a great surprise to the 1,000 spectators assembled in Belgrade's Sports Hall to see the visitors pull out to a 3-0 (2 draws) lead after five of the eight scheduled matches.

In the three remaining matches, head referee Taiji Kase, who just happened to be the Yugoslav coach, saw to it that his team saved face by dictating a 3-3 tie, much to the astonishment of Italian coach Hiroshi Shirai.

Luigi Baleotti was named best Italian player of the match and Branko Matic best Yugoslav.



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"By the way..."

(Continued from Page 4)

exclude many members of the first World Karate Championships team from consideration for next year's U.S. contingent.

Ernest J. Brennecke
Seattle, Washington

ONE MORE TIME FOR THE BULLS

Hello again! As expected, my criticism of Mas Oyama's killing of the bulls provoked a number of ruffled feathers, raised eyebrows and upset stomachs when it appeared in the June issue. The consensus of the letters was that I



proved my own ignorance by what I said. That, pardon the expression, is a lot of bull.

There is no way you can call the killing of bulls sporting. It's kind of sad that bulls and other animals are born and raised for the slaughter, and that their future is Friday night's dinner plate, or a can of dog food. Even though these animals are bred for this purpose, they are, like man, part of God's creation. They may be lower on the totem pole than man, but they are still entitled to a humane departure. If they are not getting this in the slaughter house, then methods should be changed. But it's certainly not humane to twist and break

their necks in the arena, after having punched them between their blind-folded eyes.

Obviously, Mas Oyama or any matador possessing even some semblance of a human brain has studied the physical weaknesses of bulls. The bull is deprived of that opportunity.

It is true that the martial arts provide good in the form of exercise, self-defense and man-against-man tournament competition. But I can't believe killing bulls or other animals belongs in the arts any more than poor sportsmanship at a tournament or misuse of one's self-defense knowledge in the streets.

I realize that my position on the persecution of the bulls is not a popular one. But if my belief in live and let live is synonymous with ignorance, then I'm proud to qualify. I can do without the kind of intelligence which inspires a man to kill something to prove how tough he is.

Paul Hunter
Dayton, Ohio

JUDO COVERAGE COMMENDED

I would like to officially state, in behalf of the undersigned coaches, how



much we enjoyed the series on taping by Hayward Nishioka.

The photography and explanations are excellent. In fact we have already scheduled a taping clinic for the six high school coaches in our Connecticut Inter-

scholastic Conference. This is a good technical area, apropos to all sports and devoid of so much of the petty politics we in the martial arts seem to be strapped with. As a matter of fact, the other articles written by Mr. Nishioka were also suitable for all martial arts and were also well presented.

Over the years, your articles and material content have definitely improved. Keep up the good work.

John Johanssen,
Robert Dempsey,
Robert Rifenburg,
Robert Shabunia,
Groton, Connecticut

OTHER SIDE OF THE STORY

With regards to the report of Dr. Creasey's "sport" tournament (World Wide Tourneys, June), I feel I should expose the other side of the story.

The tournament was bloodless, as was reported, but it was also very biased. While watching the women's kata competition, I personally saw Creasey award 10 points to a woman who had made three visible mistakes, one of which was being off balance. Someone had better brief Dr. Creasey that ten points is a perfect score and that no one, not even a master, receives 10 points for kata competition.

Creasey came to me while I was refereeing a sparring match and declared that the ippon (full point) which I had just called was not an ippon. To make things worse, he wasn't even close enough to tell if it was an ippon. What's more, he wasn't even a referee!

Guy Power
Charleston, South Carolina

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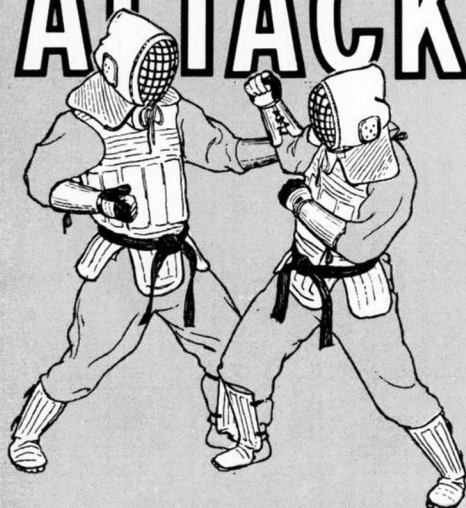
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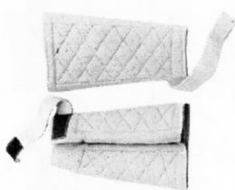
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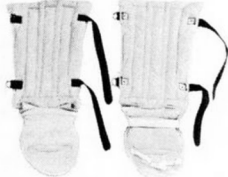
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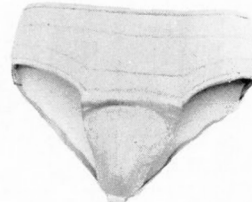
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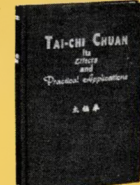
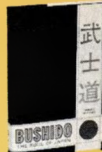
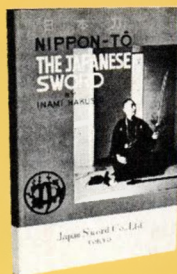
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